ENTERING CHEYENNE – ARAPAHO NATION

Cheyenne & Arapaho TRIBAL TRIBUNE

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U.S. Navy taught this woman honor, courage, commitment

This story is Leslie Heredia's, my small part was only to put the story together-Rosemary Stephens, Editor-in-Chief

For 30-year-old Leslie Heredia, serving in the U.S. Navy was the best decision of her life. To this day she still cries when she hears the Star Spangled Banner being played.

"I joined the U.S. Navy when I was 18 years old. I had already moved out of my father's house in Geary, Okla. and didn't tell anyone that I had joined. I just felt that it was something that I had to do for myself and wanted to make sure that it was done, before anyone knew about it. I joined in November 2000, and selected the AK Rate (Aviation Storekeeper) because it left the following August," Heredia said. "I wanted to have that last summer with my friends and family. I had it in my head that I would never come back … that was the plan, I would come home to visit, but by the end of the first two weeks I was always dying to head back."

Heredia said she loved meeting people from all different cultures and traveling.

"It was a huge adventure for me, meeting people from different cultures. I loved it. Boot camp was in Great Lakes, Mich. and that is where everything was put into perspective for me … what it was I was actually doing. I joined the Navy to get away to see new things and experience a life that I knew was meant for me. I wasn't meant to be locked down in Geary … I refused to have that in my future," Heredia said.

Heredia left in August 2001 and in September; the World Trade Towers were hit by terrorist, bringing reality home.

"The base immediately went into lock down and it was explained to us, that we were now at WAR. After that moment I saw teenagers crying, grown men crying … they had joined for the college benefits, now their little worlds were being turned upside down. I joined to get away but for me it wasn't 'what did I get myself into, but what can I do?' Believe it or not history was being broadcasted throughout the base and I wasn't afraid. Partly because I knew I was just a seaman recruit and there was training that still needed to be done, and it wasn't like we were being marched right onto the front lines," Heredia said. "Little did I know that the men and women of the VFA-37-Strike Fighter Squadron 37 were taking action, volunteering to man New York. Packing up there bags, leaving their families … to take part in protecting America."

After graduating boot camp, Heredia received orders for "AK" A-School in Meridian, Miss., where she trained until December. From there she was ordered to report to the VFA-37-Strike Fighter Squadron 37 … commonly known at the Ragin' Bulls.

"It puts a smile on my face to remember the first conversation I had with a warrant officer during my check-in. 'We are at WAR', he yelled, 'I want you to know that we are ready to KILL the bleep bleep terrorist. I hope you didn't come here for a vacation, because we are at WAR!'" Heredia said, "He had this little rubber chicken that he was waving around in the air. 'We're in work-ups for a cruise and I guarantee you, that you are about to be a part of something so great. If you're a bleep then there is no place for you here, and you should just let me know now.' At that moment,

*See **U.S. Navy**, page 6*

Submitted photo

Leslie Heredia aboard the U.S. Harry Truman.

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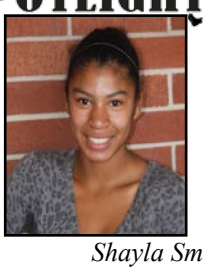

Shayla Smoker
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Veterans share their stories

Editor's Note: On Wednesday, Oct. 17, 2012, the Cheyenne and Arapaho Tribal Tribune was honored to attend recording sessions of Cheyenne and Arapaho Veterans as they shared their stories with Kala Rodgers, Clinton Indian Service Unit. Below are two of those interviews, though there were many who shared their stories with Kala. To learn more about the project, call Kala at (580) 331-3477.

Edward Wilson
U.S. Army
Feb. 1965-Dec. 1967

Name: Edward Wilson
DOB: Aug. 2, 1943 Age 69
Tribe: Cheyenne and Arapaho
Served: Feb. 1965-Dec. 1967

Rodgers: Can you please tell me what Branch of Service you were in and the times?

Wilson: I served in the U.S. Army from Feb. 1965 to Dec. 1967.

Rodgers: What was your rank?

Wilson: E4-Special Fourth Class

Rodgers: Where did you serve and did you serve during wartime?

Wilson: I served in Viet Nam, but I was stationed at Ft. Bragg, North Carolina for over 14 months before I volunteered to go to Viet Nam.

Rodgers: What did you do over there?

Wilson: I was a medic, it was a very interested job. I enlisted, I was on the draftee list, I had already had my notice, but there was a time gap and I got tired of waiting around, so I just enlisted.

Rodgers: What made you choose the Army?

Wilson: Probably because of family history, my uncle, my brother all served.

Rodgers: Where were you living at the time and is that where your family is from?

Wilson: I was in Ponca City at the time ... that's where my first family is from.

Rodgers: Why did you join?

Wilson: I was on the draft list. I was living in California at a local newspaper when I received a notice to report to Clinton, Okla. I tried to get my draft board to relocate it but they wouldn't do it. So as it was I either showed up for that induction arrangement or I would be in trouble, that's what the story was back then. If you didn't show up you were in trouble. My local draft board was not flexible at all and if they had changed my board from Clinton, Okla. to Healdsburg, Calif., there might have been a greater amount of time before I went into the service.

Rodgers: Do you recall your boot camp experience and if so can you share some of your experience there?

Wilson: I do ... well it was interesting being with so many people from so many different places. We had a lot of Texans ... boot camp was in Louisiana at Ft. Polk. It wasn't a very nice place, but it was interesting because I got to meet so many different people, all types of all kinds and all nationalities. I enjoyed the training and I could do it all, but some of the characters that were around us at that time were questionable. That's what I say, questionable characters. It was a time where they tested you physically and mentally. We would double time near the stockade almost everyday and the sergeant would say, 'Wilson if you mess up that's where you're going to be'. Or Jackson or anybody else, you know, he would point you out and say, 'if you mess up in my company, that's where you're going to be'. So I took him serious about ending up in that stockade.

Rodgers: So how long were you in boot camp?

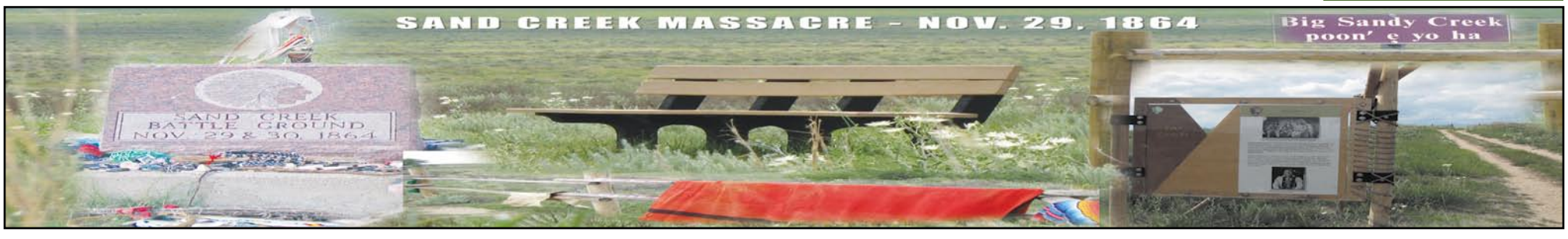
Wilson: It was eight weeks, but I was there about nine weeks because we had some dead time. Then the training started and we trained for eight weeks ... eight fast weeks.

Rodgers: So did you do your medic training while you were in boot camp?

Wilson: No, they do a process while you are in basic training. You do all this testing, just test after test after test and I think that's how they categorized you, and at the end of basic training they put a list up where you're going for advanced training and mine was Ft. Sam Houston in San Antonio, Texas for ten weeks.

Rodgers: So you didn't get to choose what you did they chose for

*See **Veteran stories**, page 5*



Cheyenne and Arapaho tribes select new assistant attorney general

By Rebecka Lyman, Reporter

Albert Ghezzi, Cheyenne and Arapaho tribes, assistant attorney general, settles into his new office, bringing with him 25 years of knowledge of the Indian Child Welfare system.

"I have been an attorney since 1980 and attended Oklahoma University undergraduate and law school," Ghezzi said. "I have worked in both private practice and legal service organizations that had Indian clients primarily. I have also done quite a bit of work in tribal courts, both as a prosecutor and representing individuals, and as a guardian ad litem for children, which is someone appointed in under age children cases, to represent the interests of the minor children, the voice of the child."

Ghezzi will be representing the tribes in Indian Child Welfare (ICW) cases, some state matters and tribal matters in the courts.

"I expect my job duties to be more confined to ICW matters and other things that the attorney general might do in terms of criminal cases and matters of the tribes within the state, but mostly ICW cases," Ghezzi said. "I really enjoy the work I do and I have practiced working with children and tribal courts continually for the past 25 years."

Ghezzi said seeing through cases and situations for families has, at times, been gratifying.

"There is a gratification when I felt like the right choices were made on behalf of a child's life that would benefit them in their future," Ghezzi said. "I believe it is my duty to do right by the child or children to provide them safety, in terms of nurturing and allowing for that child to have the right home situation to where the child will flourish in the right surroundings and home life."

Photo by Rebecka Lyman

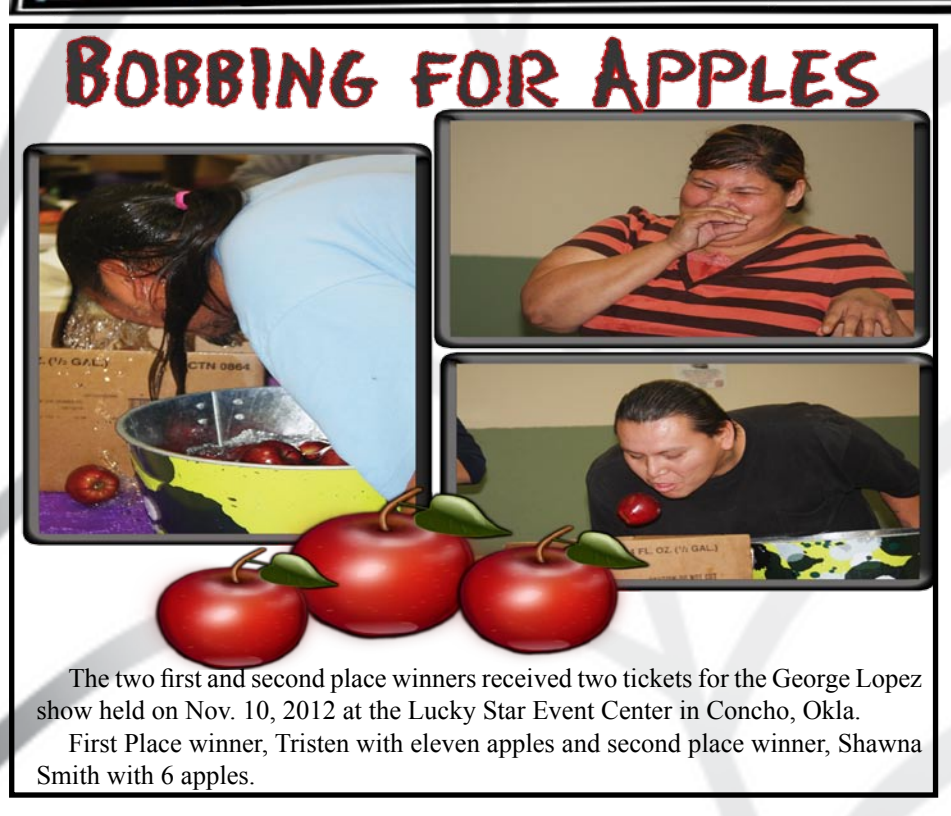
Albert Ghezzi, Cheyenne and Arapaho tribes' new assistant attorney general.

Ghezzi said not every situation requires removal of children from homes.

"The process through ICW may be handled informally where services are provided or formally through a court where services are provided to the family," Ghezzi said. "Ultimately a decision is always made towards the goal of how do we get the child to stay with their parent."

To contact Ghezzi call the ICW office at (405) 422-7495.

A day of Halloween fun at Cheyenne and Arapaho tribes, Concho Complex.



The two first and second place winners received two tickets for the George Lopez show held on Nov. 10, 2012 at the Lucky Star Event Center in Concho, Okla.

First Place winner, Tristen with eleven apples and second place winner, Shawna Smith with 6 apples.

Education staff attends Higher Education Symposium at NIEA

Submitted by the Department of Education Staff

Several education staff members attended The American Indian/Alaska Native College Student Success Symposium, a pre-conference to the NIEA convention held in Oklahoma City on Oct. 17, 2012. Those who attended were Maria Thorpe, Marshall Medicine Bear, Joyce Twins and Wanda Whiteman. Alden Whiteman attended from the Cheyenne and Arapaho Tribal College.

The symposium was sponsored by the National Institute for the Study of Transfer Students (NISTS) and involved staff and students from several colleges and universities, with technical assistance from several colleges and universities, including the University of Oklahoma and the University of North Texas.

According to the NISTS, *"NISTS conducts, promotes, and disseminates disciplined inquiries to inform and improve transfer policy and practice. Recently relocated to North Georgia College and State University, NISTS strives to increase access to and attainment of certificate, associate, and baccalaureate credentials by promoting successful transfer and articulation for community college and university students. NISTS attempts to bridge knowledge, policies, and practice by bringing together individuals, two-and four-year institutions, state agencies, higher education associations and foundations, and other interested entities to thoroughly study the issues related to the transfer process so as to facilitate student success and degree completion. These goals and objectives are achieved through a combination of research, education, and service."*

The opening blessing ceremony was conducted by University of Oklahoma student, Corey Still. Still ran for and was elected as a student member of NIEA. Several students related their college experiences, in particular, information or assistance given to them that helped them adjust to college life.

A special greeting was given by William (Bill) Mendoza, White House Initiative on American Indian and Alaska Native Education, executive director. Also given was a welcome from NIEA President, Quinton Roman Nose. Keynote speaker was Dr. Jerry Bread, University of Oklahoma founding member of the current University of Oklahoma (OU) Native American Studies Program.

Photo courtesy of Rebecca Risenhoover

Pictured l-r: Dr. Jerry Bread, Director of University of Oklahoma (OU) Native American Studies program, Rebecca Risenhoover, OU student and Amick Birdshead, East Central University student.

A special group of students selected from various colleges and universities presented a panel of discussion regarding areas of academics, student and campus life. In particular, two Cheyenne and Arapaho students were selected to participate on the panel of six outstanding students.

Amick Birdshead, from East Central University and Rebecca Risenhoover from the University of Oklahoma are members of the Cheyenne and Arapaho tribes and both are seniors who plan to graduate in 2013 with a four year degree. Other student panelists were, Robynn Rulo, Northeastern Oklahoma A&M College, Abby Fire, Johnson County Community College; Taylor Tanner, Northeastern Oklahoma A&M College and Rance Weryackwe from the University of Oklahoma.

Remington Park event intertwines Indian culture, horses

By Rosemary Stephens, Editor-in-Chief

According to Cheyenne legend, Cheyenne prophet, Sweet Medicine, told his people they would be given an animal of which they had never seen before.

He said it would have round hooves, a long flowing tail and would carry them great distances with more speed than they had ever known. It would take them into war and become their best friend.

When the Cheyenne saw the first horse, they knew Sweet Medicine's prophecy had indeed come true.

Hundred of years later, three Native American artists stood outside the pony barn painting tribal symbols on all the lead ponies for the Oklahoma Classic races, Oct. 19, 2012 at the Remington Park Track in Oklahoma City.

The event has grown from just horse racing to including Native American storytellers, two 25 foot tall tipis, Indian dancers in full regalia, all designed to weave the state's Indian culture and horse culture together.

Gordon Yellowman, Cheyenne and Arapaho artist, shared the story of Sweet Medicine's prophecy as he worked on a pony name Meathead. He was painting hailstones on his hindquarters. He said the white circles would channel the strength and power of the storm.

"The larger the stone, the greater the power," Yellowman said.

Meathead also had red horizontal stripes on his legs that Yellowman said, "because the power must have a stopping point."

Also painting ponies was Cheyenne artist, Harvey Pratt. He was painting lightning bolts on a lead pony named Shane, who would lead all the other ponies and thoroughbreds as they walkeds to the starting gate.

"The lightning is for speed and power," Pratt said.

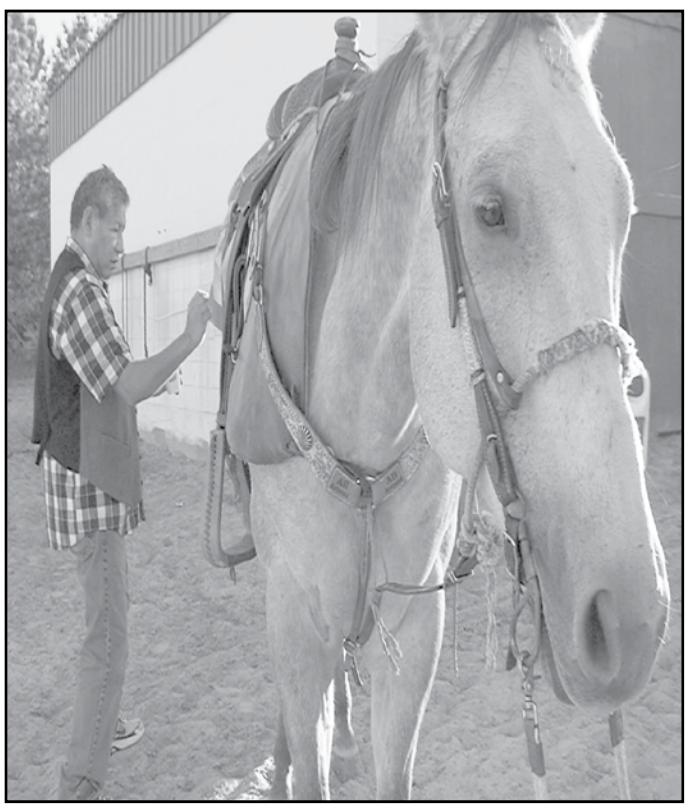


Photo by Darren Brown

Cheyenne Chief, Gordon Yellowman, paints one of the lead ponies during the Oklahoma Classics weekend held at Remington Park in Oklahoma City.

As the artists continued painting their ponies, groups of children would gather and occasionally one of the parents' would ask if the children could pet the horses. It was always allowed.

Prior to the start of the event, 17 year old Kimberly DeJesus, Comanche, Otoe-Missouri, Pawnee sang the National Anthem wearing her Buckskin dress.

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FIRST & SECOND PLACE WINNERS OF THE 2012 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARDS & 2012 WINNER OF THE OPA BETTER NEWSPAPER CONTEST

Bullying, suicide detection and intervention

By Anat Brunstein Klomek, PhD, Andre Sourander, MD and Madelyn S. Gould, PhD.
Submitted by George Hawkins Treatment Center

Bullying is recognized as a major public health problem in the Western world, and it appears to have devastating consequences.

Cyberbullying has become an increasing public concern in light of recent cases associated with youth suicides that have been reported in the mass media. Most of the studies that have examined the association between bullying and suicidality have been cross-sectional. Those studies show that bullying behavior in youth is associated with depression, suicidal ideation, and suicide attempts. These associations have been found in elementary school, middle school, and high school students.

Moreover, victims of bullying consistently exhibit more depressive symptoms than nonvictims; they have high levels of suicidal ideation and are more likely to attempt suicide than nonvictims.

The results pertaining to bullies are less consistent. Some studies show an association with depression, while others do not. The prevalence of suicidal ideation is higher in bullies than in persons not involved in bullying behavior.

Studies among middle school and high school students show an increased risk of suicidal behavior among bullies and victims. Both perpetrators and victims are at the highest risk for suicidal ideation and behavior.

Recent empirical studies and cases reported in the media have demonstrated an association between cyberbullying/cyber victimization with psychopathology and suicide. Findings from a cross-sectional study indicate that experience with cyber victimization is associated with an increase in depression, suicidal ideation, and suicide attempts. Among girls, being bullied via the Internet or e-mail, infrequently or frequently, was significantly associated with depression and suicidal ideation. However, only frequent victimization was associated with suicide attempts.

Among boys, frequent cyber victimization was associated with depression and both frequent and infrequent levels of victimization were associated with suicidal ideation.

Childhood bullying behavior can be assessed through self-reports as well as through reports from peers, parents, and/or teachers. Although one study found poor agreement between cross-informant reports (from parents, teachers, and children), these reports still carry the most weight in predicting late adolescent psychiatric outcomes. Teachers reported higher levels of frequent bullying than others, whereas children reported the highest percentage of victimization. However, "frequent bullying" reports from all three informant groups predicted later psychiatric disorders. The investigators concluded that the education system and school health care service in mid-childhood are of great importance for the early detection of bullying and prevention of later adverse outcomes. The main target of effective prevention of youth suicides is the reduction of suicide risk factors.

Bullying and peer victimization are serious risk factors for later suicidality, especially when there is morbid psychopathology. Clinicians who deal with children and adolescents as well as those who are designing educational and public health prevention programs for schools should understand the relationship between bullying/cyberbullying behavior and suicide.

Children who are frequently involved in bullying behavior should be actively screened for psychiatric problems. School-based screening can be implemented by means of parent and teacher symptom checklists. Children and adolescents need information and psychoeducation about "healthy" online behavior. In addition, parents should aim to supervise their children's online behavior. However, since this may be difficult or unrealistic for some parents, there is a need for new strategies for cyberbullying prevention and intervention.

Increasing awareness about bullying and cyberbullying and efforts to prevent them are important, but it is crucial that accurate messages be distributed in these efforts. Awareness messaging should refrain from overemphasizing the link between cyberbullying and suicide (eg, showing videos of youths who have killed themselves after being bullied). While well-intentioned, these efforts may inadvertently present rewards for the suicide act. In any prevention effort, it is important that students understand that there is always hope to stop the situation and they should be taught the skills to end the bullying/cyberbullying. When adaptive coping skills and hope for change are not presented, students may feel powerless and hopeless, which increases their risk of suicide.

The prevention literature currently focuses on bullying or suicide. We are not aware of programs that focus on the prevention of both bullying and suicidality. However, some programs may be able to tackle both bullying and suicidality. For example, the Sources of Strength suicide prevention program involves peer leaders to enhance protective factors associated with suicide risk in school populations. Although the program does not focus on bullying or cyberbullying, its goal is to enhance connectedness between youths and trusted adults and to change school norms.

The program trains youth opinion leaders from diverse social cliques, including at-risk adolescents, to change the norms and behaviors of their peers by conducting well-defined messaging activities with adult mentoring. Wyman and colleagues, 24 recently reported that training of peer leaders with the Sources of Strength curriculum led to changes in norms across the full population of high school students after three months of school-wide messaging.

Whether by traditional means or via cyberspace, bullying and peer victimization puts adolescents at increased risk for suicide, especially when comorbid psychopathology is present. Longitudinal studies have just started to be published, and this research field needs to be further developed. In the meantime, findings from cross-sectional studies suggest differential risk profiles by sex as well as by the frequency and severity of the bullying. Female bullies are at increased risk for suicide, even when their bullying is infrequent. Males appear to be at increased risk for suicidal ideation, but only when they are bullied frequently. Bullying and peer victimization lead to suicidal ideation and suicide attempts, but this association varies by sex and may be mediated by depression or conduct problems. Future research should continue to identify specific causal paths between bullying and suicide. Population-based longitudinal studies that include severe suicide attempts and suicide deaths are needed to support these findings.

Submitted photo

Staff members at the George Hawkins Treatment Center in Clinton, Okla. show their support to stop bullying by wearing "No Bullying Zone" t-shirts.

The Cheyenne and Arapaho Tribes Substance Abuse Program in conjunction with The Methamphetamine and Suicide Prevention Initiative has been working on an Anti-Bullying Campaign throughout Cheyenne and Arapaho Country. The goal is to raise awareness in schools and in our communities that bullying is a huge problem among youth and adults and can lead to horrible consequences. The MSPI program is funded by an Indian Health Service grant and the goal is to decrease instances of bullying and possibly suicides or suicidal thoughts. Anyone that would like information on this program may contact The George Hawkins Memorial Treatment Center at (580) 331-2370.

Tahlequah Sequoyah out of playoffs, forfeits all nine wins

By Mike Brown, Tulsa World

Tahlequah Sequoyah forfeits not only its spot in the Class 3A football playoffs but all nine regular-season victories, the Oklahoma Secondary School Activities Association said Saturday.

The OSSAA issued a revised 3A postseason bracket without including the Indians, who went undefeated through District 3A-7.

OSSAA executive secretary Ed Sheakley sent an email to the school outlining the decision.

"We have finished our investigation and it is clear to us that (Sequoyah) had student-athletes who violated our rules," Sheakley said.

He said Sequoyah's own records showed that 12 players attended individual summer camps paid for by outside sources, forbidden by OSSAA Rule 10 - D-2c. He also said that participation violates a rule against offering inducements encouraging student-athletes to attend or remain at a given school.

Sequoyah officials acknowledged violations by eight players on Oct. 22, saying the athletes were ineligible for the final two regular-season games, and a Nov. 7 appeal hearing was scheduled before the OSSAA's Board of Directors.

But those eight and a subsequent four found in violation received a judge's temporary restraining order allowing them to play in an Oct. 26 win at Hilldale to clinch the District 3A-7 title and Friday's 63-40 win over Lincoln Christian.

Sheakley said using suspended athletes was, by definition, "illegal," and since the athletes had played in all nine games, Sequoyah would have to forfeit all nine.

Reacting Saturday, Sequoyah athletic director Marcus Crittenden stressed again his belief that the athletes in question - including standout quarterback Brayden Scott and receivers Niko Hammer and Kyle and Ryan Helsley - hadn't knowingly violated rules and were being punished for others' sins.

"We're very saddened for the kids," Crittenden said. "They did not do anything wrong. It's the adults in this situation from a previous administration that should have known better.

"We're supporting our guys and doing everything we can to make sure that these mistakes don't happen again at Sequoyah. We're focused on compliance, we're focused on getting it right and we've focused on helping our students," Crittenden said.

It was unclear whether Sequoyah would attempt a further appeal to the OSSAA Board. As to whether further legal actions might come on behalf of the students, Crittenden said, "I don't think we can speculate on that."

Sheakley said he hoped the issue was resolved.

"We hope they're a good member school and they're going to abide by the investigation. They've admitted to the findings," he said.

In the revised pairings, Hilldale takes Sequoyah's place as District 3A-7 champion, hosting Checotah in the first round.

Jay becomes the fourth team from 3A-7 in postseason play, joining Hilldale, Keys and Lincoln Christian.

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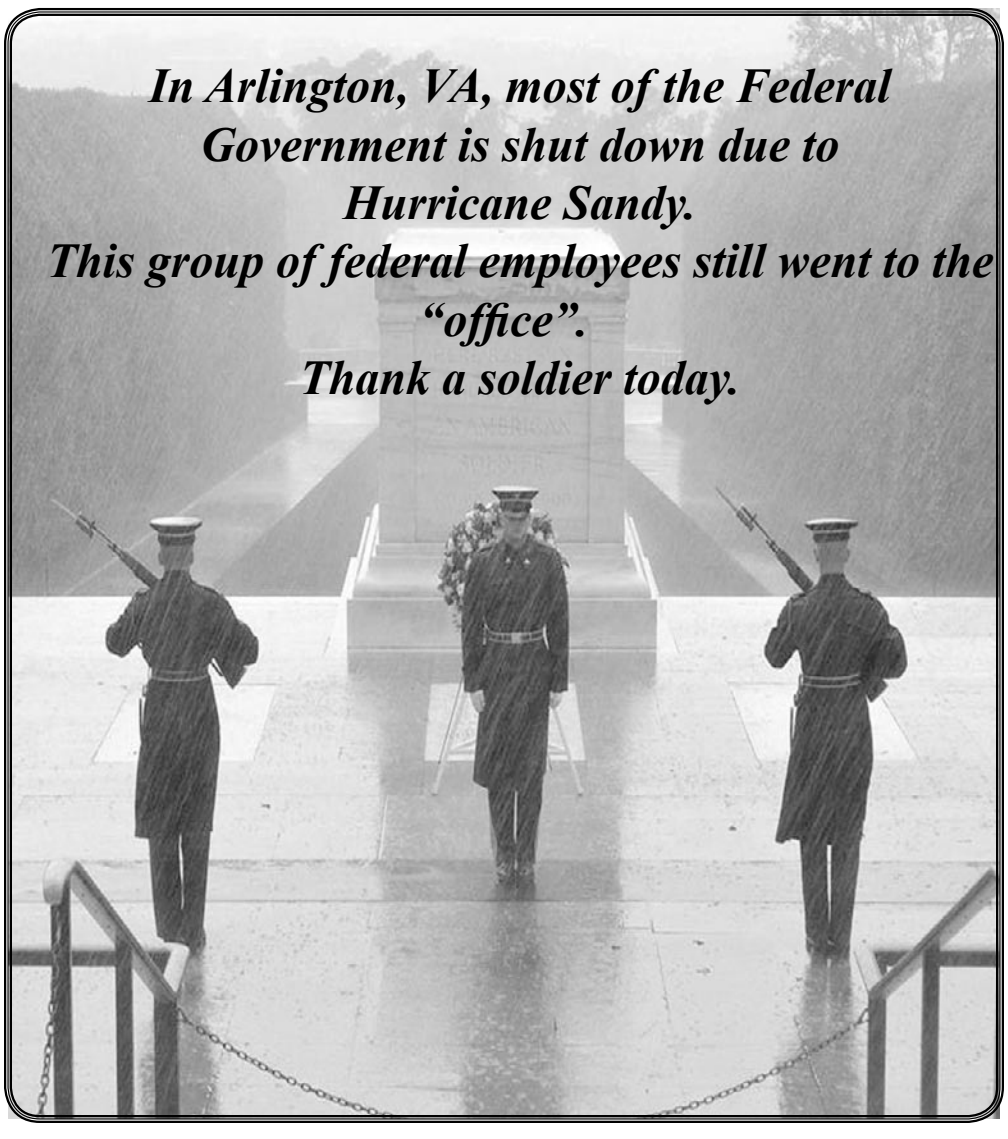
In Arlington, VA, most of the Federal Government is shut down due to Hurricane Sandy.
This group of federal employees still went to the "office".
Thank a soldier today.

First National Bison Day celebrated in Jackson

By Mike Koshmrl, Jackson Hole News & Guide

JACKSON, Wyo. (AP) Giant, shaggy and dangerous, bison are the bad boys of the grasslands.

Bulls can weigh up to 2,000 pounds. They injure more visitors to Yellowstone National Park than any other animal.

These hulking creatures represent a time, hundreds of years ago, when American Indians hunted bison for food across the Great Plains. Their hides offered warmth, clothing and shelter, and their bones became tools.

Thanks to the Wildlife Conservation Society, a day for the bison has been set aside and if the folks at the conservation society have their way, the mighty bison will soon sit alongside the bald eagle, our national emblem, as the United States' national mammal.

A celebration for the inaugural National Bison Day, Nov. 1, was held earlier this month at the National Museum of Wildlife Art at Jackson. Attendance was low, but it was the first crack at the event, celebrated in South Dakota, New Mexico, West Virginia and Washington, D.C. A celebration was also scheduled in New York City but was called off because of Hurricane Sandy.

National Bison Day is in line with the National Bison Legacy Act, a bill sponsored by Wyoming Sen. Mike Enzi, said Keith Aune, the Wildlife Conservation Society's senior conservation scientist.

"That designation doesn't come with any authorities, it doesn't cost any money, it doesn't invoke any jurisdictional battles over management of the species,'' Aune tells the Jackson Hole News & Guide, "It's really about a symbolic designation and then providing a special day each year for us to celebrate the species and why it's important to America.''

Scott Smith, the group's communications manager, introduced Aune, who he described as "the bison guy" to a crowd of about 25.

Aune makes a compelling argument for the bison having some sort of special symbolic status.

The American bison once roamed across the boreal forest of Canada and Alaska.

At peak numbers, estimated at 30 to 60 million, they were found in close to every corner of the Lower 48, Aune said.

Driven by government policy, demand for hides and mass slaughters, the "force of nature" was rapidly removed from the land, eventually winnowing the population to about 1,200 animals, Aune said.

By 1905, a group of ranchers, conservationists and sportsmen formed the American Bison Society to breathe some life into small herds that remained scattered in pockets around the country.

The species, now numbering 500,000, has been effectively saved and is no longer threatened by extinction. But today roughly 95 percent of all bison are raised commercially, primarily for their meat, Aune said.

Growth of wild herds on public lands petered out in the 1930s, he said.

That's led to the "second recovery of the bison,'' what Aune described as an effort to increase the population from a conservation standpoint. That means increasing genetic diversity and bridging gaps in bison-habitable range, he said.

"They're all over the place, that does tend to cause some confusion in terms of the public,'' Aune said. ``We have a real problem in the sense that most of our herds are small and on very small landscapes. Our job is not done.''

The Jackson Hole bison herd, numbering about 900, is a good example of the problem with wild bison today, said Darrell Geist, the habitat coordinator for West Yellowstone, Mont.-based Buffalo Field

Campaign.

"You have an unfortunate situation where the most important habitat components have been converted to livestock operations, i.e., the feedground operations,'' Geist said.

"There is a lot of local support for the Teton-Jackson bison herd, but unfortunately cattle genes have been found in that herd.''

National Bison Day and the National Bison Legacy Act don't contain any specific goals for the North American bison population.

Veteran stories

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you based off of all this testing?

Wilson: If I would have said I wanted to be in the infantry, be a ground fighter, I would have gotten my choice, but to this day I still don't know how they did the rating process to get us to the next training site.

Rodgers: So you are in Viet Nam, where exactly were you in Viet Nam?

Wilson: For the first nine months or so my base camp was in Bien Hoa (Ben-Wa) near the Bien Hoa Air base in War Zone D. I was in a medical company and we operated, what they called, an FAS Foreign Aid Station for the brigade. That small medical unit would set up an emergency medical triage tent series and when a man was wounded on the battlefield that was usually the first place he went because we had five or six doctors that worked there. I became a Medical Corpsman and that's what we did, assist the doctors with the wounded and take care of the bodies.

Rodgers: When you first arrived there, what were your thoughts about where you were at and what you were doing?

Wilson: It was so hot and it was so smelly ... it was a totally different environment, atmosphere. You could tell a significant difference between Viet Namese civilians and military, there was no mistaken who was who you know. There was different odors, different sounds, the language was a kind of singsong type of language. I got to know some of the people there, and I used to feel like they didn't have a choice, you know, there wasn't much choice for them. I always had some compassion for them too.

Rodgers: So as a medic were you pretty much stationed away from the fighting, or were you ever out there in it.

Wilson: Oh yeah, our unit, it was called B Medical Company, we provided the field medics for rotations and if a field medic was sick, wounded or killed, or on vacation, called R&R, we would fill that void. It was a voluntary kind of thing, so many times, that's what I did ... I would volunteer to go out with, what they called the Rifle Company and I was out quite a bit. I got, I wouldn't call it discouraged, but overused with B Med and what we did back there with the wounded, but it was the same out in the field, but out there, there was no doctor and you were basically on your own. You had, what they called a senior aid man, and he was usually an E5 or E6 or so. Supposedly they knew more than you did, but that wasn't always the case. So you relied or depended on each other to treat and so forth and get a guy and keep him alive until you could get him to a station.

Rodgers: Any exceptionally memorable experiences while you were there?

Wilson: Probably the last big battle I was in. It was on Nov. 11, 1967. The company I was in, it was called Task Force Black and we were in the central highlands, Dak To specifically, Dak To was our nemesis 173rd from June to the end of December of 1967, we really took a beating and the last battle I was in was on the 11th, subsequent firefight on the 13th and short firefight on the 14th, but on the 11th we had over 120 people wounded and 24 killed right there on the battlefield ... and I don't know how many died after they were put on the choppers. Several good friends of mine were killed. A good friend of mine, his name was Armando, got shot in the head early in the day and we kept him alive all day. We had to do compression a couple of times and mouth-to-mouth a couple of times. He was shot right on the top of the head and as the day wore on he lost a lot of blood and brain cells died ... you know he was in real trauma. We didn't get him on that medi vac until about 5:30 in the evening and I always thought if we could have got him out earlier and sustained him at the fort station and got him to a surgical hospital I always thought he would have lived. But I always felt like, if I was better trained and if I knew more, if we had a doctor out there, because, of course doctors didn't want to go out there (in the battlefield), I just felt like we lacked specific training. We handled all types of injuries, head wounds, chest wounds, guys who had lost a hand, a foot, may be part of his face. I have seen the human body in every type of condition from what gun shots or mortar or RPG (rocket propel grenade) can do to the body ... its devastating.

Rodgers: Were you awarded any medals or citations when you served?

Wilson: I was wounded in that battle, on the 11th, but I wasn't wounded very bad and we had lost two medics that day and the lieutenant said, 'are you okay,' and I said yes, sure I am okay, I just have some wounds here and in my back from the mortar and he said, 'doc since you are okay can you stay here ... stay the night here,' and I said yeah okay because we were so short of medics and the next day they, I think it was the brigade, that sent a team out and they interviewed us and filled out paperwork. The guy that interviewed me that described my wounds and he said, 'I'll submit the paperwork and you'll get your Purple Heart', but I never got it. I assumed he never submitted the paperwork. One of those lazy --- clerks. There was so much confusion and so much going on at that time I can kind of understand how paperwork didn't get where it was supposed to be, and I kind of just forgot about it until a couple of years ago. I thought, I kind of liked to have that medal; you know kind of like to have it. Had another medal put in for the Bronze Star and never got that. Probably paperwork didn't get submitted because of everything that was going on. So about a year ago I contacted my congressman's office and asked if they could help me with this. I talked to one of his aids and I gave him the story and circumstances and he said, let's submit it and see. One of the medics is from Illinois and he wrote me a statement because he came over got the shrapnel out of my back, gave me some penicillin and a tetanus and I was good to go, you know. So I submitted the paperwork and the commission wrote me back and said we have no record of this incident, so, again, it told me that the paperwork that the guy came and filled out never got turned in. I am going to try it again though. I have been in contact with my platoon leader, George Brown, who was a lieutenant at the time ... I was within three different operations, and he was, what we used to call a Butter Bar Lieutenant, just a gold bar, then he became a First Lieutenant and retired as a Colonel. I talked with him last winter and he said, 'sure I'll help you. I remember distinctly you and he mentioned this other guy, Lopez, yeah just tell me what I need to do,' but I never heard from him again. I tried to talk to him later and he told he had to put this off for a little bit and I will have to get back to you, but he never did. I talked to Lopez, who lives in California, and he said he had the same experience with Colonel Brown ... 'he was supposed to help me but never did'. I am going to try again and try to get some help by asking Colonel Brown again to try and help me.

Rodgers: When you were in Viet Nam how did you stay in touch with family?

Wilson: We used letters. They had a little communication unit at the air base and over at the Brigade headquarters where you could make a telephone call and it was done by relays. The call would go through maybe the Philippines or through Korea and then onto to the United States. It was very time consuming, but if you wanted to speak to someone here in the day time you had to call over there in the middle of the night, but anyway I never go to do that.

Rodgers: What was the food like?

Wilson: Army food or ...?

Rodgers: Both.

Wilson: Well, put it this way, a lot of times if I got the chance I would prefer to eat down at the village, but generally it was okay. It was okay when it's all you had ... but it beat sea rations.

Rodgers: Is there anything special you did for good luck while you were over there?

Wilson: Before I left, my family had a dinner ... I had a real short time between the time I left Ft. Bragg and was to report for duty. The family had a dinner for me and one of my uncles, who was a protégé of my grandfather in the Native American Church services, gave me a little bundle that had, what was called medicine of good luck, you know good luck stuff, and that had been through WWII and Korea and now it was going to Viet Nam ... well I lost it, I lost it in that battle in Dak To when we got surrounded and they overran one of our units, they went through our rough sacks and we lost watches, rings, pictures, rings ... they would take anything and I lost it during that time and I came back to the United States and I ran into my uncle in Alburquque ... I just felt so guilty about losing that thing, I thought I've got to tell him, I've got to tell my uncle I didn't bring it back, so I went over to where he was camped and we had a cigarette and a cup of coffee and I told him there was something I've got to confess to you and he said okay. He listened and he never said very much, then he said 'let me think about it, come back after dinner and I will tell you what I think'. So I did, but man I was on pins and needles because I thought I was going to get the worse chewing of my life, but when I came back to him he said, 'you know I carried that during WWII and your uncle Bill carried it to Korea and now you carried it to Viet Nam ... I think we used it up, it's there and you're here and I think it was a good trade'. Boy I was so relieved.

Rodgers: While you were over there, I Know they have entertainment come through ... did you ever get to see any entertainers or what did you guys do to entertain yourself?

Wilson: (Laughing) Entertain ourselves? Well there really wasn't much to do. We had a small, a very small enlisted men's club and you could get a beer there and four or five slot machines ... no one ever won. That was about it, but they did have USO shows and I got to see Billy Graham. They trucked a whole bunch of us over there to fill the amphitheatre, right before Christmas and it just made all of us feel so homesick, but it was a good story, it was really a nice thing to have about that time.

Rodgers: Any humorous stories or unusual events you'd like to share?

Wilson: Some of them I can't tell. Well, I can't think of anything right now.

Rodgers: Where all did you get to travel when you were in the military?

Wilson: In 1965, I had been in Ft. Bragg for a couple of months, they packed us up and locked us in and said we were going to a foreign country. They didn't give us any specifics because they knew we would call home and say hey we're going ... there goes security, but anyway when we got to the stationary down at the airport ... I was a paratrooper then and they really didn't tell us anything until we were at the staging area, you go down there and you draw your parachute and they take your bags on another plane, then they said we were going to Turkey. I had rarely even heard of Turkey and was like what are we going to Turkey for? Well India and Pakistan were fighting at that time and the U.S. had interests in Turkey, so it was just a safety precaution, I think. I was gone for a total of 11 days. We flew into Newfoundland, Spain and then into Turkey. We spent 11 days over there and then we were back ... we did one practice jump over there, in this beautiful valley ... it was really beautiful country. We landed at an air base somewhere near Ankara where the U.S. had a lot of planes there and I didn't realize we were so involved with Turkey there, but they put us onto a convoy and we trucked out into the valley where they put up a barb wire city and that's where they housed us for the next nine days. We made one jump, and it was strange because if you landed in one of the farmer's fields they got paid, so every time you landed the farmer would run up to you to try and get your name. As I understood it, they were paid handsomely for a loss of crop.

Rodgers: So when you got out of the service, when you came home, what was that like, what were your thoughts at that time?

Wilson: I was in the hospital for almost two weeks and I got out of the hospital and got back to base around 10 in the morning and was told to report to the First Sergeant's office and I went over to the First Sergeant's office and he said, 'Wilson you're D-Ro (date of rotation) date is tomorrow', and I said well how do I clear post? He said, 'I don't know that's your problem'. They just give you set of papers and you have to get them all filled out, you have to go to this point, then this point and then they would clear you. I didn't know what to do so I went over to supply and I asked the serge, what do I have to turn in and he said everything. He said everything, except what you wear home. So I said I didn't know how I was going to do it and he asked me, 'when are you leaving' and I said tomorrow. He said he wondered why they

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U.S. Navy

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I remember all the men crying around me while watching the World Trade Towers fall, and I knew. So I said to him 'I'm not a bleep sir', with a nonchalant grin on my face, 'I am here just like you … ready to make history'. He was surprised by my response, maybe he'd had some real bleeps check-in over the last couple of weeks."

Heredia said the warrant officer led her down to material control and instructed AK1 Jones to keep her attached to the squadron, "This one does not get temporary orders anywhere."

"I had courage in me, I knew that I was a part of something bigger than me, and I have to admit it had an adrenaline kick to it. Working up for cruise was all the more exciting. I traveled all over the United States, and loved all of it. Being a part of VFA-37 was my life's high, up until I met my husband, Efrain Heredia," Heredia said.

Efrain was part of the ships company on the USS Harry S. Truman. The VFA-37 was attached to the Truman. They met on the ship during work-ups.

"I didn't care for him at all at first, but he was very persistent. Eventually I got to know him and spent a lot of time with him during our 90 days at sea. Ninety days straight at sea ... never seeing land. Tons of people went mad. It's not for everyone, but again I loved every minute of it. I loved working 12 hours on and 12 hours off. Going into March it was a race to have all of the F-18s up for President Bush's "Shock and Awe". It's insane but it was our ship that launched the first aerial attack on Iraq," Heredia remembers the moment. "That's when I cried. The whole ship wasn't allowed to sleep that night; we were getting ready for something so huge. I remember being so excited. They played Metallica over the ship's PA, then the Star Bangled Banner, of course, while all the jets were launching. That song made me cry ... The Star Bangled Banner ... and still to this day I cry when it's played and there's a roar from excitement coming from all around me, the American Flags are flapping in the wind. It was so powerful and being able to hear the jets launch, oh man it was really something."

Heredia said it was an amazing feeling to be a part of something so much bigger than her and that her future husband, Efrain and herself were all a part of it.

"We had our first date in England a month or so after that launch. After the cruise, we got married and had a son, Seth Heredia. It was then that everything changed for me ... I knew that it (life at sea) wasn't a life for a family," Heredia said. "We bought a house in Oklahoma, and moved my boys back home while I finished up my last six months as ship's company aboard the USS Roosevelt. It was then, when everything was hard for me, I missed them."

Heredia said she made the most unforgettable friendships during her four years in the Navy and she stays in touch with all of them to this day.

"Those are things that you will never forget. Being a part of something so powerful and all for your Country, the United State of America. I could cry right now, thinking about it all. Sitting here in the department of administration at the Tribal Complex, wow. This is for me now. I will always have those memories of my travels to Greece, England, France, Slovenia, and Italy. I wouldn't change any of it for anything in the world," Heredia said. "What do I think about Veteran's Day? I believe it's a good thing ... civilians don't know what we all go through and that day is for us to remember and be remembered for all our struggles and fights to keep America's freedoms."

When Heredia was asked if she would recommend serving in the military to other young men or women, she simply stated, "Of course, I've learned so much about myself and they teach you about honor, courage, commitment. Who couldn't use those values? Responsibility, and accountability, those are important to learn and I learned those values in the U.S. Navy. I learned just what freedom is. I gave mine up for four years, that's a sacrifice I am proud of. I did it for my family, all those wild LittleBirds living in Geary. I am able to teach my kids things that were not taught to me as a child. I would recommend that anyone join any branch of the military. Go for it. 'Accelerate Your Life', that sounds so cheesy, but that very slogan is why I joined 12 years ago."

Legislative News

Constitutional Amendment. Work on Constitutional revisions has ended for now because the Governor vetoed the proposal by the Legislature for the reason that more time was needed by the Executive Branch to review it. Our attempt to have the Tribal Council send amendments to voters ended when the resolution was moved to the end of the agenda at the Oct. 6, 2012 annual Tribal Council meeting, and the meeting adjourned just before the Constitutional Amendment Resolution was considered. We hope to work with the Governor to bring much needed constitutional reforms to voters soon.

Contact your Legislator or the Legislative Clerk at (405) 422-7777 if you want additional information on this topic.

Public Hearings. The Legislature will hold Public Hearings at various communities through the months of November and December but the dates and places are not set as of this writing. Notices are faxed to various tribal facilities for posting. The Legislative Clerk will e-mail notices to anyone who asks. We hope to be able to post notices on the Tribes' website soon so check there also. If you would like a meeting to be held in your community, please contact your Legislator or the Legislative Clerk at (405) 422-7777.

September Regular Session. In September only the Resolution calling for a constitutional amendment was passed and vetoed. See discussion above.

October Regular Session. In the October Regular Session the Legislative Procedures were amended. A Transparency and Accountability Act was passed but vetoed. The Tribal Council asked for a transparency and accountability act on November 5, 2011, passing Resolution No. 110511STC-001. The Legislature agrees that transparency and accountability in government is very important. Also a Tribal Member Distribution Ordinance covering rules for per capita payments was passed but vetoed. The Governor asked for more time to evaluate the bills. We hope to cooperate with the Governor to get this important legislation enacted.

November Special Session. At the Nov. 5, 2012 Special Session the Legislature approved per capita distribution of oil and gas, farming and grazing revenue in December.

November Regular Session. At the Nov. 10, 2012 Regular Session the Legislature will be considering the following:

Annual Budget 2013
Amend the Constitution
Department of Justice Law with Duties of Attorney General
Creation of Department of Energy
Canton Easement
Amend the Tax Code
Amend the Constitution
Amend the Election Code
Building Safety and Efficiency Act
Nursing Home Organic Act
Amend the Health Board Ordinance
A Bill to enact a Garnishment Code
A Bill to adopt a Whiteclay Resolution

Contact your Legislator or the Legislative Clerk if you have any questions.

High School graduation assistance for Cheyenne, Arapaho students

Cheyenne and Arapaho seniors, who will graduate in May 2013, are eligible to receive $100 graduation assistance applied toward senior expenses, such as announcements, caps and gowns. The following documents are required:

A letter from the school registrar or counselor stating the senior has enough credit hours to graduate with their class in May,

A CDIB (certificate of degree of Indian Blood) from the Cheyenne and Arapaho tribes Enrollment office, not a copy of your tribal ID card (if you do not have a copy of your CDIB you may call the Enrollment office at (405) 422-7600) to request one. There is no charge for CDIBs,

A copy of the order form or invoice with a balance due, and be sure the company or vendor address is clearly listed. The payment will be mailed directly to the vendor or company. We will pay up to $100. The balance will be parental responsibility, and

A completed Education Gaming application. The gaming application can be copied from ourWebsite, www.c-a-tribes.org/education. The form should appear in a box area. It can also be mailed or faxed if requested.

Clothes are not allowed as they are considered parental costs. You may also apply through your JOM or Indian Education committee, if your school has one.

The documents need to be mailed to PO Box 167, Concho, OK 73022, ATTENTION: Higher Ed Program.

If you cannot mail the items yourself, ask your counselor or advisor at your school to assist you in mailing the four items to our office. For more information contact Maria Thorpe at (405) 422-7646 or by email, mthorpe@c-a-tribes.org.

Reimbursements will not be made. Once the costs have been paid then there is no unmet need. Once we have received the four items, your name will also be placed on our list of graduates to be invited to our graduation banquet in May.

Cheyenne-Arapaho Housing Authority Waiting List Report Mutual Help

The following applicants need to complete an UPDATE FORM by Nov. 30, 2012.

If an update form is not received by this date, they will be removed from the Mutual Help Waiting List for FAILURE TO UPDATE-NO EXCEPTIONS.

The update form is available on the tribal Website, www.c-a-tribes.org under Programs-Housing Authority.

For questions or more information please contact the Occupancy Specialist at (580) 331-2400.

Amelia Beaver
Newakis Dyer
Valerie I. Hawk
Jody Johnson
Denise P. Little Raven
James E. Moss
Paula Pawnee
Tina Reyes
Yolanda Robb
Marlene Salcido
Clifford R. Sam Jr.
Vincent C. Spradlin
Danecia R. Wandrie
Patricia S. Wilson

Free ACT test fee for tribal students

An ACT test score is required for college or university admission. All high school students should take the ACT test, even if they are not sure they will attend college. Cheyenne and Arapaho tribal students may request the $35 payment from the Gaming-Higher Education Program by mailing the ACT Packet with required documents listed below to our office by the listed mail date below.

TEST DATE	REGISTRATION DEADLINE	MAIL PACKET TO US BY:
Feb. 9, 2013	Jan. 11, 2013	Dec. 28, 2012
April 13, 2013	March 8, 2013	Feb. 22, 2013
June 8, 2013	May 3, 2013	April 19, 2013

1. A CDIB (not a copy of your tribal ID card), you may contact the C-A Enrollment office at (405) 422-7600 and ask them to send us the one-page CDIB.

2. Your completed ACT application with signature and date, in the original ACT envelope, with the front and back of envelope completed, and not sealed. Be sure to write your high school code on the back. Mail your packet to Higher Education, PO Box 167, Concho, OK 73022, or bring it to our offices at 200 Wolf Robe Circle, Concho (the old boarding school building).

3. Include a completed gaming application (the form can be copied from Website, www.c-a-ribes.org/education.

Students may contact their high school counselors to see if they are eligible for a fee waiver. Ask your Johnson-O'Malley Program or Indian Education Program to pay for one test. The Gaming Higher Education Program can pay for one test per year. They do not pay late registration fees.

The registration date is the day the check is to be inserted into the application packet and put in the mail. We need your entire packet mailed to us two to three weeks before the registration deadline since our office needs time to process a check and have it ready to mail by the registration date. We do not have resources to pay online ACT registration fees. Ask your Indian Education counselor to mail us your application packet.

Students can take the test more than one time, until they feel comfortable with their score. That's why it is important to apply through other sources for payment since payment for only one test per year can be obtained through the Gaming Higher Education Program. If you pay for the test yourself then there is no longer a need for payment and we cannot reimburse you.

NOTE: ACT tests are given on Saturdays. You must be on time and have a picture ID with you. Boarding school students are asked to remain at school that Saturday as the school will take them to the test site. Get a good nights rest the night before and eat a good breakfast. Free practice tests are available on the ACT website. For more information call Maria Thorpe at (405) 422-7646 or by email, mthorpe@c-a-tribes.org.

Disability services - do you quality?

You may qualify for services with the Cheyenne & Arapaho Vocational Rehabilitation. Come by our office or call. We would like to talk to you. Call Charles Sleeper, Counselor, at (405) 422-7615.

Eligibility Determination

An individual is eligible for vocational rehabilitation services if the individual, has a physical or mental impairment which for such individual constitutes or results in a substantial impediment to employment.

Can benefit in terms of a employment outcome from vocational rehabilitation services provided pursuant to Titles I; II, III, and VII, of the Rehabilitation Act of 1973, as amended by the Rehabilitation Act Amendments of 1992.

Requires vocational rehabilitation services to prepare for, enter, engage in or retain gainful employment.

Documentation of the disability. Does the person have a disabling condition or a mental condition which results in a disability?

What is it?

If there is more than one disabling condition, what are the other disabling conditions.

What are the functional limitations resulting from the disability?

Do these limitations affect vocational functioning and activities?

HIP Home

Photo by Rebecka Lyman

The Cheyenne and Arapaho tribes, Housing Authority along with Cheyenne and Arapaho Gov. Janice Prairie-Chief Boswell, handed over keys to Emmett and Stella Redbird to their brand new home on Oct. 9, 2012 in El Reno, Okla.

The home was built using grant money from the Bureau of Indian Affairs (BIA), Home Improvement program (HIP).

"I am grateful to the tribes and everyone who was involved in making it possible for me and my family to live in such a beautiful newly built home," Emmett said.

Hawaiian youth visit Cheyenne and Arapaho country

Submitted article

Submitted photo

On October 27, 2012 a young group of children from the Queen Lili'Uokalani Children's Center of Wailuku, Hawaii visited the Cheyenne and Arapaho Language Program inConcho, Okla.

They were chaperoned by Marshall Medicinebear.

Following their traditional protocols, youngsters presented Gordon Yellowman with a necklace made of traditional seed

beads of the Hawaiian Islands of their Queen. They then sang a song in their Hawaiian language.

From there the group proceeded to a tipi camp at the Oklahoma Indian Nations powwow grounds where Yellowman presented a language and history program to the Hawaiian youth group.

Pittman wins fourth term, Oklahoma House of Representatives

Anatasia Pittman, House District 99 representative won her fourth term on election day Nov. 6, 2012

Her first request was to Cheyenne and Arapaho Chief, Gordon Yelloman, to conduct a blessing ceremony at her swearing in, Thursday, Nov. 8, 2012 at the Oklahoma State Capitol.

Photo by Rosemary Stephens

Anatasia Pittman and Cheyenne Chief, Gordon Yellowman.

"You were invited to celebrate my fourth term in office because you are significant in my life and you are a vital part of our culture and community. I want to thank God for the victory, the constituents for their vote and for allowing me to represent their voices here at the capitol and our team ov volunteers. I would like to say thank you for your encouragement, love and continued support. Let's continue to build a foundation for the future," Pittman said.

Pittman is Native American, African American and represents one of only 13 females in the House.

EATING well for DIABETES

By Tara Conway, MS, RD/LD, CDE
C&A Diabetes Wellness Program

November is National Diabetes Month

For the month of November we are continuing with our stories of success regarding diabetes. We want to thank Vera Franklin for sharing her story. It is the hope of the people who shared their stories that their words will inspire all persons with diabetes to not give up hope and that diabetes can be controlled. Change comes in stages and it is important to remember to take baby steps and make small realistic attainable goals one at a time. The Diabetes Wellness Program is here to help you make the changes you need for a healthy life.

Greetings! My name is Vera Franklin and I have Type II diabetes, as Pattie La Belle says, "it doesn't have me".

I was diagnosed in 2002, at a time when my life was hectic and highly stressful. Besides having two little ones in tow I was also working for an organization called, Ahalaya, known for providing prevention through education and care for the HIV infected individual. I was recruited for a position there because of my work in the field of Substance Abuse. The first six months I lost five clients to AIDS which was devastating for me because for the first time in my life I realized that all I could do for the client was provide compassionate care for them until they eventually passed away. Thank goodness! Today they have made great strides in education and care for the HIV infected individual.

It was during this time that I came to a realization of my own mortality, no one wants to talk about death, even in general, much less your own. When I was diagnosed as a diabetic, I immediately thought it was a death sentence! All I knew about diabetes was that my mother and two sisters, were consequently put on dialysis because of it.

I went through the stages of denial, took my medicine like it was the cure all. My thinking was that as long as I was taking the pills I could eat anything I wanted. WRONG! I ended up on insulin. Doctors say that the onset of diabetes is partially caused by stress, and like most diabetics, I fit the bill. I recently suffered the loss of my two eldest children and was involved in a devastating car accident. At the moment of impact I saw my life flash before me. I thought of all the things that I had left unsaid and things I would leave undone, no last minute, "I love you".

When you think your life is coming to a sudden end, believe me, you realize how fragile your existence really is. Needless to say, I came to a turning point in the early hours of that terrible morning. It took months of recovery and the prayers of my friends and family to recover. Shortly thereafter, I made a promise to myself and my God that I would take care of the precious gift of life I was given.

My doctor said to set some goals and losing weight should be the first goal. I had already lost about nine pounds due to the accident so I thought I needed to lose five more pounds over the next few months. I started with a prayerful fast of two meals. I didn't know how hard it would be and my eating habits would have to change in order to be successful.

Oh my gosh! I hope some of you can identify with this, as a small child, born in the 1950s, I was told, "you have to eat whatever you put on your plate," and it was a 'no, no', to waste food because there were kids in Africa starving. So if you were really hungry and put too much on your plate you had to stay at the table until you finished. I ate everything on my plate, usually it was starchy and full of carbs because my mom had to cook meals that would stretch for eight of us and needless to say, I became overweight as a child.

Even as an adult I still lived by this rule and gained pound after pound throughout the years, consequently, becoming a diabetic. After I became aware of what I ate I had to challenge myself to eat healthy and slowly, to enjoy my food and not be afraid to leave some on my plate when I was sufficiently full. I cut all my sugar snacking and the pounds began to fall off and I ended up exceeding my goal over the next few months, altogether I lost 20 pounds. I don't have to take insulin anymore and I have an A1C of just below 7. This is the lowest it's ever been. My thinking and memory are better, I don't ache and hurt all over, I breathe better, and best of all I sleep better.

On my last visit to the clinic my IHS/PHS doctor said, "what a difference you have made in your life from just three years ago, you need to tell others." So that's why I wanted to share this with you, hoping, that this will help you too.

I want to say thank you to all the staff at the Diabetes Wellness Program, for helping me along the way. They provided Diabetic educational information through the C.E.D.A.R. program, which has helped me immensely. I have met with the dietician who has been my cheerleader on my weight loss. I'm grateful for the eye glass program that provides me with information on how to take care of my eyes as well as my glasses. I can be fitted with comfortable shoes every six months and exercise whenever I can. I was also introduced to eating buffalo and given recipes on how to cook it. I even entered the chili cook-off, which was so much fun. Thank you, for giving me this opportunity to share my story with other diabetics.

The Diabetes Wellness Program has helped me to see that being diagnosed with diabetes is NOT a death sentence but a life experience I can learn from. I give all the Praise and Glory to God for my life and I look forward to a long and happy one.

Ha Ho
Vera Franklin

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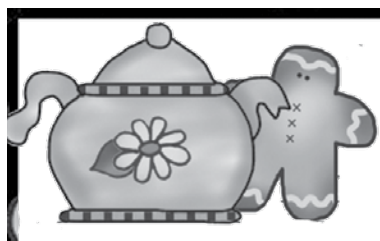

Low Calorie Pumpkin Pie
Cooking with USDA Foods

Recipes furnished by the Cheyenne & Arapaho Food Distribution Program

1 egg
2 egg whites
1 can (15-oz) solid-pack pumpkin
Sugar substitute equivalent to ¾ cup sugar = ½ cup Splenda
1/2 cup reduced-fat biscuit/bakery mix
1 tsp vanilla extract
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground cloves
1 can (12 oz) fat-free evaporated milk
1 cup reduced-fat whipped topping

Directions:

In a large bowl, combine the egg, egg whites, pumpkin, sugar substitute, bakery mix, vanilla and spices until smooth. Gradually stir in evaporated milk.

Pour into a 9-in pie plate coated with cooking spray. Bake at 350 degrees for 35-40 minutes or until knife inserted near the center comes out clean. Cool on a wire rack. Dollop with whipped topping before serving. Refrigerate leftovers. Yield: 8 servings.

Nutrition Facts: 1 piece with 2 tablespoons topping =124 calories, 2 g fat (1 g saturated fat), 28 mg cholesterol, 160 mg sodium, 19 g carbohydrate, 3 g fiber

Notes: In this recipe, instead of eggs/ egg whites, 4 tablespoons egg mix mixed with enough water to equal ½ cup was used, which could alter the nutrition facts some.

BRIEFS

Robert Rules of Order for the Recording Secretary

Nov. 28-30, 2012 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

National Indian Education Association Roundtable for Tribal Leaders

Nov. 30, 2012 in Washington D.C. For more information visit www.ncai.org/events/2012/11/30/niea-indian-education-roundtable-for-tribal-leaders.

Tribal Wealth Management Symposium

Dec. 3-4, 2012 at the LaCosta Resort and Spa in Carlsbad, Calif. For more information or to register visit www. nativenationevents.org/conference/tribal-wealth-management-symposium-3.

Indian Country's Supervision and Management Summit

Dec. 5-7, 2012 at the Platinum Hotel in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The 13th annual National Indian Nations Conference-Justice for Victims of Crime

Dec. 6-8, 2012 at the Aqua Caliente Reservation in California. For more information or to register visit www.ovcinc.org.

Inter-Tribal Transportation Association's 18th annual Conference

Dec. 10-12, 2012 at the Tropicana Hotel in Las Vegas, Nev. For more information or to register visit www.ncai.org.

InterTribal Agriculture Council 2012 Membership Meeting-A Lesson in Sovereignty

Dec. 10-13, 2012 at the Flamino Hotel in Las Vegas, Nev. For more information or to register visit www.indianaglink.com/symposium.html.

Employment Law for Tribes and Tribal Organizations

Jan. 15-17, 2013 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

Introduction to Tribal Grants Management

Jan. 16-18, 2013 at the Embassy Suites in Las Vegas, Nev. For more information or to register visit www.falmouthinstitute.com.

The third annual Native American Human Resources Conference

Jan. 24-25, 2013 at the Pala Casino and Resort in Pala, Calif. For more information or to register visit www. nativenationevents.org/conference/third-annual-native-american-human-resources-conference.

The 15th annual Native Diabetes Prevention Conference

Jan. 27-30, 2013 at the Grace Inn in Phoenix, Ariz. For more information or to register visit www.aii.ou.edu/nativediabetes2013.

Veteran stories

continued from page 5

had done that and I said I didn't know, but if it hadn't been for him I probably wouldn't have cleared post. He cleared me for everything they could do to accompany me ... had to go to battalion, had to go here, had to go there and they got me cleared out and I was to be in the compound by 6 p.m. that evening. I made it by 30 minutes and once you're in there you can't come out, so I went in, spent the night and left the next morning. I had been out of the hospital two days, it was really weird, I had malaria and I had fever and dysteria before that, so you know I went over there weighing about 185 lbs. and at that time I weighed about 140 lbs. So you go through that, it makes you weak, angry. The trip home ... it was a long trip ... we landed at the Yokota Air Base in Japan all the way to Seattle, Ft. Lewis. Got there daylight one morning and signed out at midnight that afternoon. I had to go to medical and get a doctor's release and he said I would like to keep you about a week and I said well you really can't because the first chance I get I am out of here and he said well if I release you will you go to the Oklahoma City Veteran's Hospital, and I said sure, so that's what I did, but there was a strange occurrence. I was waiting at the airport in Seattle ... and I didn't want to go home and I got this overwhelming feeling about it. Maybe it wasn't the right place for me. You have all these emotions, all these questions about you own sanity and your own ability to get back into society and I just didn't have it. I was waiting in the airport and these two guys in airline uniforms, they were mechanics or something, come walking down and it was kind of dark in there and one of the two stops in front of me and he said, 'is it you Wilson?' Well you know it's Seattle, then he took his cap off and he said do you know who I am and I said yeah ... so it was a guy I had served with at Ft. Bragg with for eight or nine nonths and he said, 'Bob Petty went over', and I said yeah. He said, 'did you see him'? I said yeah and he asked me where. I told him I had to identify his body. It just shocked him. Bob was from California and this boy was from the eastern side of Washington ... anyway he took me home to his apartment and we had eggs and beer for breakfast ... and a lot of conversation. So he took me back to the airport and I got on the plane ... I tell you it was just like being in a foreign country, people would stare at you. Some would give you a gesture or two and some of them were not very nice, but there were some of them who were really appreciative but all in all it was a very trying and troubling period. It was almost not doable. We were very unprepared to reenter society.

Rodgers: How old were you when you came back?

Wilson: I was 24 years old. I was a little older than the others ... you asked me about a funny incident, I was out of the A Company First Battalion three or four times and got to know the guys pretty well. I got to know this fella from Tennessee and he would come show me pictures of his wife and he would tell me, 'we are going to do this and do that', and he came back one day after we were digging and he said doc I really need to talk to you. I used to think, 'man I am not much older than you why aren't you talking to the First Sergeant or something', but anyway he said, 'my wife left me, and he asked me what do you think I should do about it'? I told him well divorce her, man she is running around on you and doing this and that, just divorce her. He turned to walk away and said, 'I gotta go doc, I'll see you later', he didn't want to hear it, he wanted sympathy you know, those were hard times. In a sense it was comical and in a sense it was really hard times because a lot of our guys went through that. If you were an NCO or an officer you could get time to come back and work on your marriage, but an enlisted man ... you had no chance at all.

Rodgers: When you got back, you were obviously very young, what did you do, did you go to school?

Wilson: I did, I got out in December and I started school in January, which was probably the wrong thing to do. I went through the spring semester and then summer school and by that time I was just so fed up with everything ... with life in general, but I didn't know why but years later I found out. They had no transition program, they didn't know what to do with us. You know you are in the service one day and then they cut you loose and you're expected to be a productive member of society ... it just doesn't work that way. Nowadays they have all these programs. Before you exit the service you can have an exit strategy, some kind of transition preparation, but we didn't have anything like that and there were a lot of us coming out at that time.

Rodgers: Did your time in the military influence your thinking on war or the military in general?

Wilson: In part it did, it made me realize how much the general population don't know what really happens and there is a lot of unsympathetic people that don't realize that you have taken part of your life in service where he or she didn't and there is a little bit of resentment when I run into people like that. Years before I might have confronted them on that, but I know there is a lot of ignorance in the world.

Rodgers: So is there anything during this interview we haven't talked about that you would like to share?

Wilson: There are families within our tribes and within other tribes ... we serve at a greater rate than any other ethnic group in the United States and any population and when I was leaving high school to go to Haskell, I almost decided to go ahead and go into the service then because its almost like a rite of passage. Many, many of our young men leave high school, wait a few months then join up because that's what uncle did or what cousin did and it happens more and more often than not. Nowadays its not like that, a lot of our families have generation after generation of service to the United States. My grandfather, Harvey Good Bear, was killed in France in WWI in 1918 or 1919, but we have had a lot of Indians killed in war and were not even considered citizens until 1924. The United States, I don't think, has ever recognized that we (Indians) have made a great sacrifice for this country and have received very little, except maybe a pat on the head every once in a while. I believe that it is still a big part of us because now we have more young ladies who have served ever since Desert Storm than we have ever had in service before, which is great you know. I can't say enough about those young ladies, but they have an excellent benefits program, there is more education money available, an education program, if you are a Veteran and even in the military there are college courses you can take, so they have done a lot to improve those sorts of things to try and prepare you, we just didn't have that back then. I believe we are just different than these subsequent generations as we didn't have near the amenities that they have nowadays. We spent most of our days down at the canyon or at the creek fishing and hunting. It's not like that anymore. That's when I look at my grandson and think man they are sure missing out. Urban Indians, you know, I've become one, I just never thought I would.

NOTE: Viet Nam War: Over 2 million Asian lives lost, 58,282 American lives lost, 2,646 missing in action, 303,644 wounded in action, $220 billion dollars spent, 10 million Americans air-lifted there by commercial aircraft, more than 5,000 helicopters lost, 6-1/2 million tons of bombs dropped.

John C. Redbird, U.S. Marines

Name: John C Redbird
DOB: Jan. 15, 1964 Age: 48
Tribe: Cheyenne and Arapaho
Served: 1987-1992

Rodgers: Can you please tell me which branch you served and from what time?

Redbird: I was in Marine Reserves 1987-1992

Rodgers: What was your rank?

Redbird: E3 Lance corporal

Rodgers: Where did you serve and did you serve during wartime?

Redbird: Yes I was called to active-duty November 19 to report to the reserve unit which was in Midwest City Oklahoma, and got there November 29 and did our paperwork and December 1 we was on the airplane to Camp Lejeune North Carolina.

Rodgers: Can you tell me why did you choose the Marine core?

Redbird: Ever since it was a kid I wanted to be in the reserves in the Marines and when my brother joined 14 years earlier than I did you know it made me want to join even more.

Rodgers: Do you recall your first days in service?

Redbird: Which ones?

Rodgers: How was your boot camp experience?

Redbird: Rough no sleep hardly any sleep at all night.

Rodgers: How long were you in boot camp?

Redbird: 3 months

Rodger: And you went to San Diego is that correct?

Redbird: San Diego MCRD

Rodgers: Do you remember your instructors?

Redbird: Yeah I can't forget them; I mean I want to but…

Rodgers: Any good stories from boot camp?

Redbird: We started out the biggest the platoon with 77 guys and we ended up being the smallest .At the end we ended up with 33 of the original of the original 77 and they filter guys down from other platoon's before you and we had 47 the day of graduation and they dropped 3 so we ended up with 44 that graduated and of those 44, 33 were from the original 77 so it's pretty tough training in there.

Rodgers: Which wars did you serve in?

Redbird: I was in the first Gulf war they had in 1990-1991

Rodgers: Okay and where exactly did you go?

Redbird: I want to say Riyadh they basically landed us in the middle of the desert on January 2nd or 3rd as we left Camp Lejeune New Year's Eve and they flew us to Gander, Newfoundland and then from Gander, Newfoundland they flew us to Zaragoza Spain and then to Saudi Arabia it was just like a tarmac in the middle of the Desert .It was early in the morning.

Rodgers: Okay what was your job what did you do?

Redbird: I was O811 Field Artillery, they had different numbers that () I was like the number one man, which was what I did, was to send artillery O811 which was I was the one that send the round down range, I had to pull the little rope and to make sure the tube was clear and to help ram it and to make sure we get the ammo… not ammo, but uh powder. We stuff it up in there and close the breach and put the primer in and just wait for the order to fire it.

Rodgers: Obviously you saw combat; tell me about some of your most memorable experiences.

Redbird: It would be the first day, maybe cuz um they, I don't know, they had guard duties. It was probably like 15 of us to a howitzer and um I was with Fox Battery but when we got to Camp Lejeune, 20 of us went to an artillery unit from Iowa, another reservist. I guess they didn't have enough Marines. When we got to Camp Lejeune, that's where people was trying to get out. They were coming up with all kinds of excuses not to go. They didn't tell us not to do that, so we ended up with 19 over there, we ended up with Delta Battery () Iowa there was like 15 of us on each howitzer group. They woke us up 3 in the morning and we had to put on our chemical suits and gas masks and get everything ready. We went to the border of Kuwait. My howitzer was gun 8 which is 8 howitzers, we were like the 10th or 12th truck to go through the breaches which was 2 mine fields which was like a mile wide apiece. It was intense then, we ended up 8 miles into Kuwait where we stopped, and (I'm trying to remember), they gave us directions, quadrants, of which way to shoot the howitzers, and while we were facing this way, on the right of us was tanks Iraqi tanks, and we started firing on them and in front of us and that is when all hell broke loose. I mean you could hear bullets, you could hear artillery shells coming, tanks, everything. Luckily none of us was injured. We were able to take out all our tows that was with us was able to take out all the tanks on our side. We kinda had a little pause in that area right there for the day. The next day we just kept going in until we end up on the 3rd night, we ended up in Kuwait City, which we didn't know. It was just dark; pitch black I mean you couldn't really see in front of you or anything, it was crazy.

Rodgers: Were you awarded any medals or citations?

Redbird: You got the list there

Rodgers: Combat Action Ribbon, Marine Corp Sharpshooter Rifle Badge, National Defense Service Medal, Sea Service Deployment Ribbon, Southwest Asia Service Medal, w/ 2 bronze star attachments, Kuwait Liberation Medal, Navy Unit Commendation Ribbon, Marine Corps Honorable Discharge Button, Meritorious Unit Commendation Ribbon.

Redbird: From what I understand, the artillery unit that I was with, Delta Battery, we was awarded Presidential Unit Citation too, commendation, but I don't know why I didn't get it on my list or not, but we were told we got that too.

Rodgers: Where you injured at all while you were over there?

*See **Veteran stories**, page 11*

Powwows & Events CALENDAR

Cheyenne and Arapaho tribes' Indian Alcohol Substance Abuse Project-Substance Abuse Education Meeting

12:30 p.m -2:30 p.m., Nov. 15, 2012 at the Thomas Public School in Thomas, Okla. For more information contact John Blackowl at (405) 422-7659.

The 10th annual Cheyenne and Arapaho Diabetes Wellness Elder's Conference

9 a.m.-3 p.m., Nov. 16, 2012 at the Concho Community Center in Concho, Okla. Health screenings, cooking demonstrations, chair excercises and more. For more information call (405) 422-7723.

Benefit Dance for the Labor Day powwow 2013

Saturday, Nov. 17, 2012 at the Concho Community Center in Concho, Okla. Gourd dance at 3 p.m., supper at 6 p.m. and Inter-Tribal dancing at 7 p.m. For more information contact Virgil Franklin Jr. at (405) 923-0424 or Louella Old Bear at (405) 426-2278.

Winter Count at Roman Nose State Park

9 a.m., Nov. 17, 2012 at Roman Nose State Park in Watonga, Okla. Experience life with the Cheyenne and Arapaho tribes in a winter setting. For more information call (580) 623-7281.

Oklahoma City Public Schools sixth annual Native American Student Services powwow

Nov. 17, 2012 at Douglas High School, 988 Martin Luther King Blvd. in Oklahoma City. For more information call (405) 587-0359.

Lucky Star Casino presents Lynyrd Skynyrd

Nov. 17, 2012 at the Lucky Star Casino Event Center in Concho, Okla. Doors open at 7 p.m., show at 8 p.m. For more information or tickets visit www.luckystarcasino.org.

The second annual Josh Williamson Memorial All Indian Men's Basketball Tournament

Nov. 17, 2012 at the Stroud 66 Coliseum in Stroud, Okla. Sponsored by the Sac & Fox Nation powwow committee. $150. entry fee, 10 man roster, double elimination. For more information call Graham Primeaux at (405) 886-9451 or email gprimeaux@shawnee.k12.ok.us.

HIV/Aids Awareness Training

Nov. 30, 2012 at the Concho Community Center in Concho, Okla. Registration begins at 10 a.m. Keynote speaker, Pam Thurman, at 11 a.m. Also a World Aids Day fun run/walk beginning at 9 a.m. at the Concho Community Center parking lot and 1:30 p.m. at the Clinton Indian Health Service Clinic parking lot in Clinton, Okla.

Lucky Star Casino-Clinton presents Gary Allan, Pat Green and special guest Kristen Kelly

Nov. 30, 2012 at the Lucky Star Casino in Clinton, Okla. Doors open at 7 p.m. Show at 8 p.m. For tickets visit www.www.ticketstorm.com/venue/luckystarcasinoclinton.

VA Enrollment Fair

9 a.m. - 3 p.m.Dec. 5, 2012 at the Claremore Indian Hospital in Claremore, Okla. Assistance to help veteran patients apply for eligibility for health care services at the VA hospitals and clinics. Bring your DD214 or military discharge papaers to conference room 1. Please RSVP by Dec. 4, 2012 by calling (918) 342-6240 or (918) 342-6607.

R.E.Sp.E.C.T.'s Elder's Day Out

10 a.m. - 3 p.m. Dec. 12, 2012 at the Concho Community Center in Concho, Okla. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

R.E.Sp.E.C.T.'s Snow Tubing Event

12 p.m. - 4 p.m. Dec. 19, 2012 at the Chicksaw Sports Complex in Oklahoma City. Open to 7th - 12th grades. For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

Sports Expo

10 a.m. - 3 p.m. Dec. 21, 2012 at the Southwestern Oklahoma State University Wellness Center in Weatherford, Okla. Sponsored by the Cheyenne and Arapaho tribes' R.E.Sp.E.C.T. program.For more information call the R.E.Sp.E.C.T. program at (800) 247-4612 ext. 27570.

R.E.SP.E.C.T. PROGRAM
CALENDAR OF EVENTS
November 21, 2012
Holiday Fun Day—All grades
Clinton Miracle Lanes Bowling
El Reno Bowl
Watonga Bowling Lanes
Times will vary and Transportation will not be provided for this event.
December 12, 2012
Elder's Day Out
Concho Community Building
10:00 a.m.—3:00 p.m.
December 19, 2012
Snow Tubing Activity for 7th—12th grades
Oklahoma City
12:00 p.m.—4:00 p.m.
December 21, 2012
Sports Expo for Pre K—6th Grades
For more information or to register for events, please contact the RESpECT Program at 1.800.247.4612 Ext. 27570 o r27585.

Happy Birthday

Happy 11th Birthday!
Ariana Borjas
Nov. 20
Love you, Trouts
and Borjas families

Happy Sweet 16th
Day-Day!
Love mom and family.
Dec. 25

Happy Birthday
Harper Pearl Gaines
(Harpie)
Nov. 22
We love you so much,
mommy, Hazel and Yayo

Happy 4th Birthday
Illianna Breez Pollock
We love you so much
Mom, dad, Marley, Jake
and Jonah!

Happy Birthday
"Mooski Bunni Hop"
Nov.18
From nanna and the rest
of the Family

Congratulations to
Lashayla Smoker
Shayla attended the
19th Annual All-Star
Cross Country meet
at Woodson Park in
Oklahoma City on Oct.
18, 2012. She placed
19th out of 128 girls
with a time of 10:22.
Shayla is the daughter
of Christy and Anthony
Green of Canton Okla.
and attends Canton
High School.

CONGRATULATIONS

Happy 2nd Birthday
Daviani Whiteshield
Dec. 3

It feels like yesterday
when you came into this
world
I remember waiting in
the waiting room
for you to come
Then we heard you
screaming down the
hallway we thought yup
that's the one
You had cute little hands
and long lanky feet
I looked at you and
was proud we finally
got to meet
As I held you in my
arms it felt like you were
my own, in a way you are
but you live with your
momma in her home.
When you came home I
always took you from your
momma and we always
went to sleep watching
your dads video The Rock.
I would say look 'hubba
hubba'but as you grew you
got bigger and sweeter.
You are a diva in your own
way , but your the best
niece I have. I'm proud
to say your smile lights
up my day.
I loved having you
over when you lived up
this way, but now your
two and I can't believe
my eyes you walk and talk
its just a surprise.
You have the facial
expression of the late great
Edward White Shield
you look like him in
many ways. Please don't
grow out of it I hope its
not a phase, your momma
loves you unconditionally
like I do and I'm proud to
say Happy Birthday Day
Day now your two!
Love your auntie,
Lauren Black Owl, uncle
Will, sisters Gertrude-Sara,
Nellie-Jean, Laquita, and
baby Will

To My Dear Sweet Princess

It seems like just yesterday
I was holding you for the
first time.I looked in to
your eyes and couldn't
believe you were mine.
You had a sweet innocent
look on your face and a
smile that won my heart.
Our journey as mom and
daughter was about to start.
Yes I know I may have
made some mistakes in the
past, but you always for
gave me and when you get
mad at me it never would
last.
You always come up to me
and give me a hug and say
'I love you mommy' for no
reason at all.You were there
as my pillar of strength
even when you were small.
We been through a lot
together but we made it
through and came out
stronger. Because we never
give up on each other it
makes our bond last even
longer and as a kid you
have your days when you
feel like I'm against you.
I won't let you run around
by your self not because I
don't want you to, its just
because I need to protect
you, some day you will
understand my need to
keep you by my side.
I know your only 6
years old, so hang on as
you get older its going to
be a bumpy ride. I want to
say thank you for helping
me with your sisters and
brother it doesn't go
unappreciated
but as I look at you grow
and your need to express
who you are I want to
support you but I have to
put my foot down when
you try to go to far.
I want you to enjoy your
child hood, I don't want
you to look back and think
I wish I could. So I'm glad
your here and I promise
you as life goes on you will
have nothing to fear
my sweet princess grow
but not to fast like I said
enjoy your child hood be
safe and have a blast.
Love your momma, daddy,
your sisters Nellie-Jean,
Laquita and your brother
baby Will

Guess Who??!!

Happy 3rd Birthday
Miajo
Nov. 16
My Canadian grandbaby
Love Nawah, Bettey

Happy 25th Anniversary
to the man I love.
Our life together may not
have always been easy;
we laughed, we cried, we
argued, we struggled and we
contemplated our relation-
ship, but we **NEVER GAVE
UP**… There are two things
I would like to say to you;
Thank you for never giving
up on me and I love you.
Wendy

It's a girl!!!!!

Kynadee Hamilton would like to announce the birth of her new baby sister Michelle Leigh Hamilton. Michelle was born on Oct. 22,2012 at 6:50 a.m. Weighing 7lbs 9oz and 19 inches long. Welcoming her home are her parents Stephanie and Eddie Hamilton, her brothers Dylan, Caleb, Kyle and Ryan, her sisters Rylee, Lauren and Kynadee

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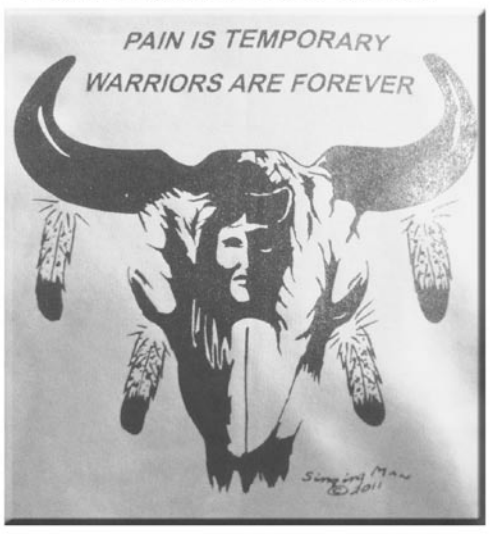

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Divine miracles come from within

By Mathison Hamilton and Robin Jim Boy

At times in our lives we all want a miracle like divine intervention. It gives us hope that we are put here to accomplish meaning to improve love and understanding of ourselves towards life.

We all love life but the understanding of it being so fragile is beyond us. We may visit with family members today, but tomorrow they maybe gone. Our memories of them fade with time. Yet we love life more each day and wonder what the purpose is.

My friend Robin and I went to the Oklahoma City National Memorial and Museum. I told her I felt something and didn't know what it was, sorrow, confusion, comfort, I did not know, but my emotions were high and tears came to my eyes as they always do when I visit the memorial. I know I get very sad trying to understand why anyone would want to take so many lives, especially children.

When senseless killing like this happens it hurts everyone and when kids are involved it brings doubt to everyone and makes all of us insecure to a certain degree.

I was a medic in the U.S. Army and when asked to go to the memorial I say yes even when I know I'll have a lot of anxiety afterwards. I smoked Robin and myself off with a little prayer. Then realized that the miracle we all want to have is within. By prayer we can get the strength to carry on. Our strength comes from each other. My brother Alex once said he heard someone say, 'heal the man, heal the family, heal the community.' In a sense to me this applies to Oklahoma City.

I looked at all the prayer offerings on the fence, next to the memorial and thought of the prayer offerings on our lodge each year. The prayer offerings are strong medicine in the healing process. The miracle is the divine intervention by all the people whose concern and prayers were meant for friends and families who lost loved ones in the bombing.

There is a spirit of love and peace at the memorial brought t by all visitors to the site. Divine intervention to me is the spirit of the Lord where it is needed. I want to think in my heart that the miracle is the first tear drop that ever fell on this earth that visits our memorial every year, as tearful sorrow from some ones pain.

I read a quote on the Southside of the museum that touched me, dated April 19, 1995 from team 5, written, *"We search for truth, we seek justice, the courts require it, the victims cry for it and God demands it."*

Recruiting Native American Indian students in grades PreK-12th

Submitted by JOM Program

The Cheyenne and Arapaho tribes' Johnson O'Malley (JOM) Program is recruiting Native American Indian students into the Johnson O'Malley Program for the 2012-2013 school year. The JOM serves all Native American students in grades Pre-K through 12th grade who live in the following counties, Canadian (not including El Reno Public Schools), Blaine, Kingfisher, Washita, Custer, Roger Mills, Dewey, Ellis, Major, Woodward and Garfield counties.

The JOM provides supplemental support for educational items, such as basic school supplies, class fees, cap and gown fees, athletic shoes, other school related costs, and provides yearly incentive awards and student activities that are school related. The tribes' Indian Education Committee or a local JOM Parent Committee must approve all requests. Parents must complete a JOM application yearly and provide a copy of his or her child's CDIB (Certificate Degree of Indian Blood) that shows proof of their tribal enrollment from their respective tribe.

For more information please contact Francine Williams or Nakayla Lumpmouth at (405) 422-7658 or (405) 422-7566 or call (800) 247-4612 ext. 27658 or 27566.

JOBS find your Career

Submit tribal application, resume, diploma, transcripts, valid Oklahoma state driver's license and CDIB to: Personnel Department P.O. Box 38 Concho, OK 73022 or e-mail: whaag @c-a-tribes.org.

Life Style Management Coach
Diabetes Wellness Program
Closing Date: Nov. 20, 2012

Qualifications:

Bachelor's degree in exercise science or health promotions preferred. Will accept relevant work experience in a related field. Prefer individual with ACSM certification or Personal Training Certification.

SALARY: Negotiable

Caseworker Supervisor
Crisis Assistance Program,
Closing Date: Until Filled

Qualifications:

Prefer bachelor's degree in social work or related field or an associate's degree in related field. Require two years of experience in professional related field. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.

SALARY: Negotiable

Teacher Aides-Head Start
Concho, Clinton, Canton
Closing Date:Continuous

Qualifications:

High school diploma or G.E.D. certification and minimum of one year experience working in an early childhood education classroom; or an equivalent combination of training and experience with willingness to obtain additional training and/or obtain additional training/or CDA or state certificate as requested. Ability to work effectively with low-income and special needs children. Ability to function effectively in cross-cultural situations. Ability to use positive approach in directing and redirecting child behavior, and work cooperatively as a member of a team. Current Childhood Emergency/CPA or First Aide/CPR certification or the ability to obtain one and CDL.Obtain and hold current food handler's card or the ability to obtain one. Maintain compliance with Criminal History Registry and agrees to random drug testing. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background Investigation.

SALARY: Negotiable

Office Aid Personnel
Department
Closing Date:
Nov. 20, 2012

Qualifications:

High School diploma or G.E.D. certification required. Ability to work with minimal supervision. Experience with various office equipment. Ability to alphabetize. Cheyenne and Arapaho preference.

SALARY: Negotiable

Community Health Representative
CHR Program
(Permanent)
Closing Date: Until Filled

Qualifications:

Cheyenne Arapaho tribal member preference. Have EMT, Medical Assistant, CMA, or CNA experience. Have current CPR certification. Valid Oklahoma state driver's license and be insurable under the tribe's insurance. Must reside in service area. Must pass a physical and be in good physical condition with proof of TB skin test and other immunizations. Must pass basic CHR and First Responder Training within one year of employment. Travel required. Submit program PCC and mileage/maintenance records on a weekly basis. Maintain GSA vehicle responsibly and follow policy. Must pass OSBI background check. Must have a minimum high school diploma or GED certification. Must have own reliable vehicle and residential telephone. Must be able to work hours other than 8 a.m. – 5 p.m., as needed. Must be able to utilize computer and email system. Must be able to work under stressful conditions. Must follow tribal policies and procedures. Must be dependable with regular attendance. Other duties as assigned. Cheyenne and Arapaho preference.

SALARY: Negotiable

Dietitian - RD/LD
Wellness Center, Concho
Closing Date: Until Filled

Qualifications:

Bachelor's degree in nutrition from an accredited institution preferred. One to two years experience in diabetes education preferred. Must possess current registration through the Commission of Dietetic Registration and current licensure through the Oklahoma State Board of Medical Licensure and Supervision. Ability to work independently and ability to be reliable. Must possess a valid Oklahoma driver's license and meet requirements for the use of a GSA vehicle. Familiar with Cheyenne and Arapaho tribal culture. Must submit writing sample if successfully selected for an interview. Cheyenne and Arapaho tribal preference. Must be able to work flexible hours including but not limited to evenings and weekends. Must pass OSBI background check.

SALARY: Negotiable

Administrative Manager
Elder Care Program
Closing Date:
Nov. 20, 2012

Qualifications:

Demonstrated knowledge and skills related to general office procedures and office equipment. Minimum of six years customer relations and or specialized experience. Minimum of three years of purchasing experience and have a strong knowledge of Microsoft Office. Familiar with Tribal Assistance Manager (TAM) and Laser fiche software. Ability to maintain a high level of confidentiality. CPR/First Aid Certified. Have reliable transportation (Some travel may be required). Able to work nights/ weekends as needed. Valid Oklahoma driver's license. Must be a Notary Public Associate. Five years specialized experience in the field of managerial, administrative assistant and or customer service experience preferred. High school diploma, experience equivalency, or associate's degree Cheyenne and Arapaho preference.

SALARY: Negotiable

Budget Analyst/On-Call Caseworker
Crisis Assistance Program,
Closing Date: Until Filled

Qualifications:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Require two years of experience in professional related field. Ability to work flexible hours and willing to work hours including after 5 p.m. and weekends. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.

SALARY: Negotiable

OFFICE CLOSIING NOTICE

Cheyenne and Arapaho Tribal offices will be closed Thursday Nov. 22 and Friday Nov. 23 in observance of Thanksgiving.

Offices will reopen on Monday, Nov. 26, 2012 at 8 a.m.

TRANSIT NOTICE

Due to Holiday's observed by the Cheyenne and Arapaho Tribes during the month of November 2012, the Transit Program will not operate on Thanksgiving Day, Thursday, Nov. 22, 2012 or Native American Heritage Day, Friday, Nov. 23, 2012

We apologize for any inconveince this may cause.

Data Entry Clerk/
Customer Care Liaison
Elder Care Program
Closing Date:
Nov. 20, 2012

Qualifications:

Must have demonstrated knowledge and skills related to general office procedures and equipment. Must have minimum three years of purchasing experience, Must have a pleasant speaking voice and ability to communicate effectively orally and in writing. High school diploma or equivalent required. Strong knowledge with Microsoft Office. Must be familiar with Tribal Assistance Manager (TAM) and Laserfiche software. Ability to maintain a high level of confidentiality in all aspects of client, staff and program information. Must be CPR/ First Aid Certified. Must have reliable transportation and be able to work nights/weekends when needed. Some travel may be required. Must have valid Oklahoma driver's license. Notary Public Associate. Must be computer literate and have previous experience with data entry. Must have initiative and confidence to do extensive with data entry with specific software program by showing the ability to ask questions, presenting ideas and working with little supervision. Cheyenne andArapaho preference.

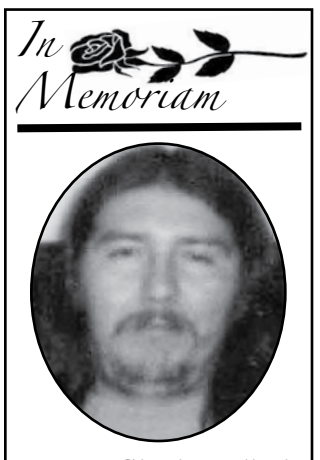
SALARY: Negotiable

Teachers-Head Start
Canton, Concho, Clinton
Closing Date:Continuous

Qualifications:

CDA, AA, BA Degree in Early Childhood education and a minimum of two years experience working in an early childhood education classroom or an equivalent combination of training and experience. Early childhood education formal training and able to receive a CDA or an AA degree within 180 days of employment. Must pass drug and alcohol test. Must complete supplemental application. Must complete OKDHS Criminal Review Application. Must pass background investigation.

SALARY: Negotiable



Eugene Charles Pollock
Dec. 9, 2012
Oct. 29, 2012

A wake service was held on Nov. 1, 2012 at the Concho Community Building in Concho, Okla.

A funeral service was held on Nov. 2, 2012 at the Concho Community Building in Concho, Okla.

Darlene Washington-Nightwalker
Jan. 6, 1946
Nov. 6, 2012

A wake service was held on Nov. 8, 2012 at the C1 building in Seiling, Okla.

A funeral service was held on Nov. 9, 2012 at the First Chirstian Church in Seiling, Okla.

Administrative Assistant
Legislative Branch
Closing Date:
Nov. 28, 2012

Qualifications:

Minimum high school diploma or GED certification required. Two years of secretarial experience that include demonstrated computer skills and knowledge or completion of two years training from an accredited Vo-tech or college, majoring in secretarial, computer science or business administration. Certificate of completion of required. Good grammar and communication skills with ability to compose accurate and professional business letters. Willing to work other than normal hours work hours. Cheyenne and Arapaho preference.

SALARY: Negotiable

Telephone caseworker
Crisis Assistance Program,
Closing Date: Until Filled

Qualifications:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Require two years of experience in professional related field. Ability to work flexible hours and willing to work hours including after 5 p.m. and on weekends. Must understand and strive to implement the program's goals, objectives, rules and regulations. Possess communication skills, written and oral, to relate to Indian and non-Indian communities, other agencies and general public. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as other confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Prefer knowledge of Cheyenne and Arapaho/ Native American cultures and values. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Cheyenne and Arapaho preference.

SALARY: Negotiable

Canton Facility Coordinator
Closing Date:
Nov. 28, 2012

Qualifications:

Associates degree preferred or at least two years of supervisory experience. Must possess a high school diploma or GED certification. Must receive and maintain CPR/First Aid Certifications. Knowledgeable about the Cheyenne and Arapaho people, communities, traditions, culture and customs. Must be able to communicate effectively orally and in writing. Posses a valid Oklahoma driver's license. Must pass a background check. Cheyenne and Arapaho preference.

SALARY: Negotiable

Caseworker
Indian Child Welfare
Closing Date:Until filled

Qualifications:

Prefer bachelor's degree in social work or related field or an equivalent combination of education and experience. Requires one year of experience in professional related experience. Ability to work flexible hours and willing to work other hours including after 5 p.m. Must have knowledge of crisis theory and interventions. Possess communication skills, written or oral, to relate to Indian and non-Indian communities, other agencies and the general public. Must have basic knowledge of early childhood education and child welfare casework and child abuse and neglect indicators. Ability to maintain a high level of confidentiality on all client matters and other matters protected by the Privacy Act as well as to the confidentiality regulations. OSBI and criminal background check required and be adjudicated appropriately. Must possess a current Oklahoma driver's license to operate a government owned vehicle. Prefer knowledge of Cheyenne and Arapaho/American Indian cultures and values. Cheyenne and Arapaho preference.

SALARY: Negotiable

PUBLIC NOTICE

Anderson, Opal V.
Harp, Marty
Landry, Ramona
Patton, Richard
Patton, William E.
Patton, Marvin L.
Roman Nose, Amy R.
Stebens, Terri L.
Tasso, Raymond H.
Tasso Jr., Elliot H.
Tasso Jr., Robert
Tasso Jr., Henry
Teeter, Debra M.
Thompson, Saadia J.
Walsh, Dana R.

This is to advise you that the Superintendent, Winnebago Agency has made the decision to convey your undivided interest in Tract 161L – Charles Fisher Allotment to the Winnebago Tribe of Nebraska.

The property is described as E½SE¼ of Section 12, Township 26 North, Range 8 East of the Sixth Principal Meridian, Thurston County, Nebraska containing 80 acres more or less. This conveyance deed will be signed on your behalf by the Superintendent, Winnebago Agency to the Winnebago Tribe of Nebraska under the provision of the Indian Land Consolidation Act at 25 U.S.C. §2204.

This decision may be appealed to the Regional Director, Bureau of Indian Affairs, Great Plains Regional Office, 115 4th Avenue, S.E., Aberdeen, South Dakota 57401 in accordance with the regulations in 25 CFR Part 2, within 30 days after this public notice has been issued.

Your notice of appeal must include your name, address and telephone number and give the reasons why the land sale must not be completed. The notice and the envelope should be clearly marked "Notice of Appeal", your notice should list the names and addresses of the interested persons (other co-owners in this allotment) known to you and you must verify that you have sent them copies of your appeal.

The verification is done by mailing the notice by certified mail. If you do not appeal within the 30 day time frame, this decision will become final for the Department of Interior-Bureau of Indian Affairs-Winnebago Agency. If you have any questions, please contact Monica Flores, Realty Officer or LaVerne Parker, Realty Specialist at (402) 878-2475 or toll free (877) 215-5936.

IN THE TRIAL COURT
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022

In The Matter Of The Application Of:)
)
I.N.L.H.) Case No: CIV-2012-0124
)
A Minor Child)
)
By and through his Natural Mother)
)
RANDAL HAWK)
)
To Change his Name)

CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
FILED NOV – 9 2012
IN THE TRIAL COURT
DOCKET_____ PAGE_____
FILM_____ IMAGE_____
COURT CLERK
Rebekah Martin DEPUTY

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: LISA DAWN LUSTY

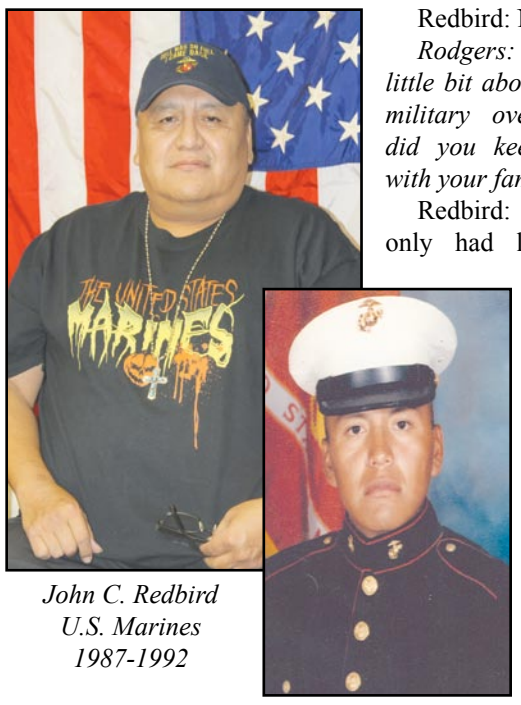
TAKE NOTICE, that Randal Hawk has filed in this Court a Petition For Name Change of minor child, as follows, to wit: from I.N.L.H. to I.D.H, and that the same will be heard by the Cheyenne-Arapaho Trial Court of Concho, Oklahoma in the Courthouse located at 700 Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, 73022, on the 5th day of DECEMBER, 2012 at 10:00 A.M., and any written protest may be filed in the case, prior to the date set for the hearing.

Issued this 9th day of NOVEMBER, 2012

Rebekah Martin
Rebekah Martin, Deputy Court Clerk
Cheyenne-Arapaho District Court

Veteran stories

continued from page 8



John C. Redbird
U.S. Marines
1987-1992

Redbird: No

Rodgers: Tell me a little bit about life in the military overseas, how did you keep in touch with your family?

Redbird: Back then only had letters. That little area we were at was called Camp 15 and it was just a concrete slab with tents over them, when we first got there, there wasn't that many and they had like a little area, I guess were companies that bring people to work and they lived in those, but they abandoned them for us I guess and the area had one or 2 phones and it was like an hour or 2 wait to use it to call and talk for 5 minutes and that's how we would communicate, mainly letters.

Rodgers: Did it take a while to get the mail?

Redbird: Yes, it was something

Rodgers: So what was the food like?

Redbird: MREs – No after a while they get tiresome and I was just hoping for bread, we didn't get the bread until way afterward, I was hoping for peanut butter and crackers or cheese and crackers and I was good to go.

Rodgers: Did you feel a lot of pressure or stress while you were there?

Redbird: Didn't really think about it to be honest with you. I didn't really think about dying to be honest, I never really did, I was just like there for support and I never really thought about it until one night. One of our Marines from, he was from OK, one night, they say he was kind of going crazy a little bit and they asked me if I could go talk to him since I was from OK too. At nighttime in the dessert you don't want to leave your little area, cuz, like I say, it was dark (do you want to hear this story?) Rodgers: I want to hear whatever you want to tell, this is your story it's entirely up to you}. The guy was probably about 2 blocks away and it was around midnight, one o'clock. We had ...at that time, communication through the artillery howitzer group through the hooks in our headphones and the guy that was tending guard duty with me was Brad Clark and he said, "Hey they want to know if you'll go talk to this guy, he's kind going crazy a little bit you know". [Redbird said,] "What's going on with him?" We call them fight holes now, not fox holes. [Clark said,] "He's in his fighting holes and he's got his rifle locked and loaded and his bayonet on his rifle and stuff." And I said, "Just let him know I'm on my way". I kind of guestimated which way to walk and looked and I got to where he was at and I went to where his fighting hole was at. His name was Jenkins and he already had a slow drawl talk and I said, "Hey this is me Redbird, boy you better not do nothing I'm gonna come down and see ya'", and I got down in there and he had his rifle loaded and his bayonet on his rifle and he had it pointed at me you know and I told him, "What the hell is wrong with you" and he was like "I don't want to die". I said, "Is that all that is?" And he said, "Yeah have you thought about it?" And I said, "Not 'til now." It was pretty… I got his rifle from him and took everything his bayonet off and unloaded his weapon for him and I said, "Boy don't be doing that and thinking stuff like that". Before we got over there he had bought a Marine Corps ring which was like $400.00 or $500.00 and I told him, "But if something happens can I have that ring?" he just started laughing, " Well I kinda wanted my parents to see it" I said, "Oh I'll show it to 'em and say… hey your boy had this". I said, "Don't think about it, just do your job and you'll be ok" you know I said, "besides what size boots do you wear", I said, "I'll take your boots". It kinda cracked him and got him going and lifted him up and things like that got him going again. I said, "Don't worry about it, don't think about it. God wants you he is going to take you no matter where you at." Then the rest of story is I had to walk back and there were wild camels, dogs, camel spiders, scorpions, snakes at night time, they come out at night because it was a lot cooler.

Rodgers: Is there anything that you did special for good luck?

Redbird: That same night that we knew we was going into Kuwait (at that time you know we had cassettes), and I had my Cheyenne Sundance and my Arapaho Sundance tapes and Gourd Dance music and I had those and listened to those. But when we crossed into the border, I was listening to 49, 49 music that is what I was listening too. I don't know if that was for luck or what, but I was listening to those and that is why I always say that music is powerful always take some with you.

Rodgers: Did you have any entertainers over there, what kind of stuff did you do to entertain yourself?

Redbird: Wrestle for the best MRE. They say that Bob Hope was around but we never got to see him. They told us when we left here, Oklahoma City, that we were more than likely spend 10 days out in the desert and go back to the rear for hot food and everything, which never happened. We went out to the desert and stayed a total of 80 straight days in Saudi Arabia. No running water, no electricity or nothing-just living out in the Desert for 80 straight days. So, nothing to do but wrestle for the best MRE. We had scorpion fights and stuff like that.

Rodgers: Do you recall any particularly humorous or unusual events?

Redbird: In a way this is like the last night of the ground war. To set up a howitzer each person got a job to do before we could fire the howitzer. One of my jobs is to put the base plate on the howitzer so that when they drop the tires it will land on that base plate so you could turn it and whatnot. My other job was to hook up what we call a spade to the trails the spade weighed about 300lbs to 400lbs it was pretty heavy so it took 2 of us to lift it up and hook it up and its suppose to like dig itself in. Well this particular time, this place and night, it didn't dig itself in. So we was digging, we got our shovels out and was digging to put it so many levels down and while we was doing that, after we done that I went and started digging my fighting hole and they called for a fire mission. I went over to make sure that the tube was cleared and ready to go. Well, everything was hand cranked at that time and the tube didn't go as far as it was supposed to have went so that while they was turning to the center so that we could lift up the trails and move it. I don't know if it was incoming for us or outgoing or incoming, everything just started going again and our Sergeant said, "Get to your holes, get to your holes". Mind you I had just started digging mine, I ran, jumped in mine and mine was just ankle deep. I was looking around thinking, "This ain't gonna save nobody" you know. About that time I glance back to the howitzer and we weren't able to get the tube all the way to the center and it was slowing tipping over. So I ran over and grabbed the handles on the side of the trails and pulling down on it. I don't know where I got my strength at but I kept it from tipping over. I was yelling at the other guys to come help me and they finally came out helped be pull it. It didn't seem like it lasted that long but I did what I had to do. We ended up setting up our howitzers and they just told us to fire this and we did, I guess this was on the highway of death they had when Iraqis was trying to leave Kuwait city. We didn't know anything about it until the next day when they stopped us at noon over there and told us it was over with.

Rodgers: So how long were you in the military?

Redbird: Military? I signed up in Sept 86 and I didn't go to boot camp until April 87 and I got out, I was supposed to get out in 92, but when we got back from Saudi Arabia since we had a reserve unit with over 300 marines, that's big for a reserve unit, and they started downsizing and there was like 30-40 of us that got early discharges after 1991 after we got back.

Rodgers: What did you do when you got home?

Redbird: Sleep, I got me a motel room and went to sleep.

Rodgers: How about weeks after, what kind of work did you do?

Redbird: Took it easy, did odd jobs you know. Didn't really talk about anything in particular.

Rodgers: Do you still have any friend from when you were in the Marines that you keep in touch with?

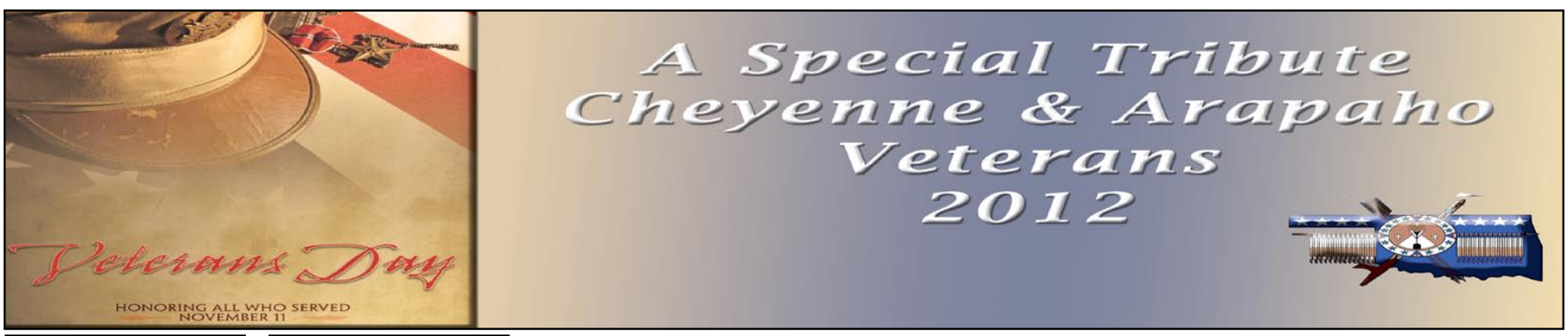
Redbird: No, I haven't really seen not too many I met.

Rodgers: Did your military experience influence your thinking about war or the military in general?

Redbird: I don't own a gun. Don't own knifes. Don't like shooting 'em. Don't like messing with them. I don't particularly care about violence but I will defend myself if it comes down to it. Most of the time I just try to walk away from incidence. Just don't talk about my mother or put your hands on me and you'll be alright.

Rodgers: Is there anything else that we haven't talked about that you would like to share?

Redbird: I just wish that the government would do more for Veterans. It's like before the ground war started our Captain and our Corpsman came up to us and forced us, they didn't ask, they forced us to take some pills. I can't remember if it was one or two maybe three and it was toward evening time, getting dark and our Corpsman came up to me and said, "Put your hand out". I put my hand out and he gave me these pills, like I said I can't remember if it was one, two or 3, and off to the side our Captain was standing there with his pistol out and after the Corpsman gave me my pills to take he pulled out his pistol on me so I took 'em and took a swig of water. He looked in my canteen to make sure they weren't floating in there and we had to open our mouths and move our tongue around make sure we had swallowed them. I can't remember how many we took each day or if it was once a week, but I tell people that but they don't believe me. But we were forced to take those pills. When we got back to Camp 15 our other artillery unit was still out in the desert and when they came in I asked my buddy about those pills he said, "Oh they gave them to us but we didn't have to take them. " I said, "They forced us to take them, they pulled a pistol on us. " You know I don't know if that's effecting me now with my memory and some other stuff and I don't know who was getting paid for those pills, they were supposed to be for chemical gas I guess. That was something. I didn't like doing that. I don't really… just recently I had my high school reunion and one of my old classmates was like, "It must have been crazy over there." I was like;" Yeah I just did what I had to do to come home". I didn't really want to say what I had to do. Personally, it was me the one that did it, cuz I'm the one that had to pull that lanyard, they call it. The guys help set it up, but I'm the one that pulled that. I don't know if they were all adult, I don't know if they were children or women but talking about it is easing. I was telling the girl out there that just recently I posted a few stories every now and then on Facebook and people get a kick out of it and it eases. That's what I was telling some other veterans, some were just veterans they haven't seen no combat I told them it is good to talk about it. If I had to do it all over again I would. I tried to re-up for this one, but my reserve unit told me I was too old, but I was like, "I can still pull a trigger."



Alfred Whiteman Jr.
U.S. Navy-Korea
El Reno, Okla.

Alfred Whiteman
U.S. Army-WWI
Canton, Okla.

Clifford Whiteman
U.S. Army-WWII
El Reno, Okla.

Wendell Whiteman
U.S. Navy-Korea
El Reno, Okla.

ADDITIONAL NAMES SUBMITTED FOR "NOT PICTURED"

Carson Antelope
U.S. Army
Watonga, Okla.

Joe Antelope
U.S. Army
Watonga, Okla.

Bobby Beard
U.S. Army
Watonga, Okla.

Gerald Behan
U.S. Navy
Watonga, Okla.

Daniel Behan
U.S. Navy
Watonga, Okla.

Albert Black
U.S. Army
Watonga, Okla.

Guy Black
U.S. Army
Watonga, Okla.

Kawa Black
U.S. Army
Watonga, Okla.

Frederick Black Bear
U.S. Army
Watonga, Okla.

Robert Black Bear
U.S. Marines
Watonga, Okla.

Joe Big Medicine
U..S. Army
Watonga, Okla.

Roy Curtis
U.S. Army
Watonga, Okla.

Elton Franklin
U.S. Army
Watonga, Okla.

George Franklin
U.S. Army
Watonga, Okla.

Leland Friday
U.S. Navy
Geary, Okla.

Howard Good Bear
U.S. Army
Watonga, Okla.

Leonard Good Bear Sr.
U.S. Army
Watonga, Okla.

Leonard Good Bear Jr.
U.S. Army
Watonga, Okla.

Guy Hicks Jr.
U.S. Army
Watonga, Okla.

Frank Hicks
U.S. Army
Watonga, Okla.

John Lamebull Jr.
U.S. Army
Kingfisher, Okla.

William Bo Little Elk
U.S. Army
Watonga, Okla.

Mickey Little Hawk
U.S. Army
Watonga, Okla.

Thomas Little Hawk
U.S. Army
Watonga, Okla.

David Medicine Bear
U.S. Marines
Watonga, Okla.

Gerald Medicine Bird
U.S. Army
Watonga, Okla.

Charles Papa
U.S. Army
Watonga, Okla.

Wendell Red Nose
U.S. Army
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Steve Richards
U.S. Air Force
Watonga, Okla.

Quinton Roman Nose
U.S. Army
Watonga, Okla.

Melvin Roman Nose
U.S. Army
Watonga, Okla.

Moses Buddy Tall Bear
U.S. Army
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Lewis Keith Tall Bear
U.S. Air Force
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Richard Tall Bear
U.S. Marines
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Elliott Tasso Sr.
U.S. Army
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Orin Turtle
U.S. Army
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Sqire Weasel Bear
U.S. Army
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Dale Wheeler
U.S. Navy
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Darrell Wheeler
U.S. Navy
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Charles White Bird
U.S. Air Force
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Herbie White Buffalo
U.S. Army
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James White Tail
U.S. Army
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Dudley White Thunder
U.S. Army
Watonga, Okla.

Charles Yellow Calf Sr.
U.S. Army
Watonga, Okla.

Charles Yellow Calf Jr.
U.S. Army
Watonga, Okla.

SPORTS SPOTLIGHT

By Rebecka Lyman, Reporter

LaShayla Lynn Smoker, 14, student and athlete at Canton High School.

What sports do you play?

I play basketball, run track/cross country and I have played soccer since I was in kindergarten. My soccer team is Blaine County United (BCU) in Enid. I play basketball for Canton and run for my school, the R.E.Sp. E.C.T. Program out at Concho and any other 5Ks I can participate in Oklahoma.

What got you started?

Well I remember when I was little I got a first place ribbon in kindergarten at our track and field day at school. I was so excited when I won that ribbon I wanted more of them.

What is your biggest accomplishment?

I recently ran in the All Star Cross Country, but I really have not been practicing like I should. I was the only one from my school who participated and I took 18th place out of 128 runners. I thought I did pretty well for not practicing. The girl that won, her time was 9:38 and my time was 10:22. I think I would have came close to winning, but I got something in my eye when I was running and I ran into a tree limb, so that slowed me down. I was in seventh place at the time and passing people, I think I had a good chance and may have beaten her.

What one or two things do you currently do in your training that are keys to your success?

I stretch all the time and run three miles around the town with my brother Ethan. When I am running, I can think straight especially after I get into trouble. I just feel better and my mind is clear.

What would be your ultimate achievement?

I really want to run in the Olympics, I want a gold medal. I watched all the women and men run this year on TV and I remember one event I was watching. It was the women's event and one woman had tripped and fell at the beginning, but she got back up and passed everyone and got first place. I thought that was really cool.

What are some goals you set for yourself?

One of my goals for myself is to never give up and keep practicing. I also try to help my little sisters, they want to run track, Keely my sister, she wants to play basketball, it is kind of hard for her to pay attention, because she gets bullied by most of the kids. So I work with her and try to help her get better at shooting. My sisters are really eager to learn and want to be good at running or basketball, we like to watch women play basketball and see how well they can shoot. My sister Arial wants to be like my older brother Ethan, because every time he shoots he makes it.

What is your biggest challenge, and what do you do to manage this challenge?

There was this girl last year that was bigger and faster than me, during a relay. I tried to run faster and be stronger than her. So she is my competition, I want to beat her. I stretch and drink water as much as I can. It is really important that I stretch. My mom and dad tell me if I run all the time I will get stronger and faster.

What is your favorite thing about the sports you play?

I love to hear people cheer me on. When I hear people from the stands it makes me want to do better. I really like it. I like to be competitive and beat my opponent rather I am running in cross-country, playing soccer or basketball.

What is the best advice you have ever been given?

One of my friend's grandmothers told me to run everyday no matter the weather, unless there is ice and I will find myself stronger and better. She said even if it is cold, hot or rainy.

Where do you draw your inspiration?

Usain Bolt from Jamaica, he is an Olympic runner he was my favorite to watch. He is the reason I really want to be in the Olympics and he gave me my desire to be better at anything I do.

Who is the one person you look up to?

My brother, because he always tries his best, even if he is hurt he would still go to his games and cheer on his team mates.

What is your most memorable moment?

Our team winning the track meet at Fairview last year, our whole school took first place. My friends, Kaley, Gabby, Destiny and myself got first place in our relay we ran. That was the best feeling ever last year.

If you could change the world what would it be and why?

I would help the homeless people. I want to make an organization where I could help feed them and give them homes. I see a lot of people who don't have a home or anything to eat. My dad owns the Variety Store on Main Street and there are some people who come into the store that my dad will help. Most of the people in town don't really trust them, but my dad does. There is this one lady, she was homeless for a little while, but she started getting a little bit of money. She usually doesn't have that much money though and my dad will help her by allowing her to charge stuff and she always comes back to pay him.

Shayla's parents are Christy and Tony Green she has five brothers and sisters, Ethan, Keely, Arianna, Arial and Aden.

Submitted photos

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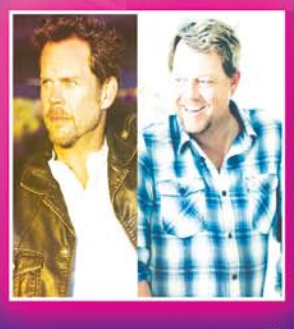

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